

## ABSTRAK

### PENYUSUNAN SKALA KECEMASAN ASPEK FISIK UNTUK SISWA KELAS IV SEKOLAH DASAR

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2018

Berdasarkan analisis kebutuhan, guru membutuhkan skala kecemasan yang digunakan untuk mengetahui kecemasan siswa. Oleh karena itu, peneliti menyusun skala kecemasan yang dapat membantu guru untuk mengetahui tingkat kecemasan yang dialami oleh siswa. Tujuan penelitian ini adalah untuk membuat skala kecemasan aspek fisik.

Jenis penelitian ini adalah *research and development* (R&D) dengan menggunakan model Borg and Gall (dalam Mulyatiningsih, 2014). Penyusunan skala kecemasan berdasarkan empat langkah Borg and Gall yaitu penelitian dan pengumpulan data, perencanaan, pembuatan model awal, dan uji coba lapangan persiapan. Skala kecemasan divalidasi oleh guru kelas, guru BK, ahli bahasa, ahli psikologi 1 dan ahli psikologi 2. Total rerata yang diperoleh adalah 3,46 dan tergolong dalam kategori sangat baik. Hasil rerata menunjukkan bahwa skala kecemasan sudah layak digunakan. Skala kecemasan di uji cobakan kepada 7 siswa kelas IV yang mengalami obesitas di SD Kanisius Sorowajan. Skala kecemasan juga di evaluasi oleh siswa dan mendapatkan skor rerata 3,8 dan tergolong dalam kategori sangat baik.

Kata Kunci: Penelitian dan pengembangan, kecemasan fisik, obesitas.

**ABSTRACT**

*Composing The Psycal Aspect Anxiety Scale For IV Grade  
Students Of Elementary School*

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*The background of this research was based on observation and interviews conducted during the learning process. is the lack of teacher's understanding about the anxiety which happened by the students during the learning process. The results showed that there was 7 students who experienced anxiety and the teacher knew the trap anxiety characteristic shaking and cold sweet. Therefore researchers set up anxiety scale that can help teachers to know the level of anxiety experienced by students. The purpose of this research was to make the psycal aspect anxiety.*

*The research type was research and development (R&D) by using Borg and Gall model (Mulyatiningsih, 2014). Composing of anxiety scale based on four steps from Borg and Gall, such as research and data collection, planning, initial modeling, and field preparation trials. The anxiety scale was validated by classroom teacher, guidance and conseling teacher, linguist, psychologist 1 and psycologist 2. Total average obtained was 3,46 and was categorized very good. Average results indicate that anxiety scale was feasible to use. Anxiety scale was tested on 7 grade IV students who experienced obesity in Canisius Sorowajan Elementary School. Anxiety scale was also evaluated by the students and scored a mean of 3,8 and was categorized as very good.*

*Keywords: research and development, psycal anxiety, obesity*