

ABSTRAK

**TINGKAT KEBAHAGIAAN BELAJAR SISWA MENENGAH ATAS
(Studi Deskriptif pada Siswi Kelas XI SMA Stella Duce 2 Yogyakarta
Tahun Ajaran 2018/2019)**

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Penelitian ini bertujuan untuk: (1) mendeskripsikan tingkat kebahagiaan belajar siswi kelas XI SMA Stella Duce 2 Yogyakarta tahun ajaran 2018/2019 dan (2) mengidentifikasi butir-butir pengukuran kebahagiaan belajar yang capaian skornya teridentifikasi rendah sebagai dasar usulan topik-topik bimbingan yang sesuai untuk membantu meningkatkan kebahagiaan belajar siswi kelas XI SMA Stella Duce 2 Yogyakarta tahun ajaran 2018/2019. Jenis penelitian ini adalah kuantitatif deskriptif. Subyek penelitian adalah siswi kelas XI SMA Stella Duce 2 Yogyakarta tahun ajaran 2018/2019 yang berjumlah 98 siswi.

Pengumpulan data pada penelitian ini menggunakan Skala Tingkat Kebahagiaan Belajar yang berjumlah 72 item. Skala disusun berdasarkan aspek kebahagiaan menurut Seligman (Arif, 2016: 41), yaitu (1) emosi positif; (2) keterlibatan; (3) hubungan yang positif; (4) memaknai hidup; dan (5) prestasi. Nilai koefisien reliabilitas instrumen menggunakan pendekatan *Alpha Chronbach* (α) sebesar 0,947. Teknik analisis data menggunakan statistik deskriptif dengan kategorisasi sangat tinggi, tinggi, sedang, rendah, dan sangat rendah.

Hasil penelitian ini menunjukkan bahwa siswi kelas XI SMA Stella Duce 2 Yogyakarta tahun ajaran 2018/2019 memiliki tingkat kebahagiaan belajar sebagai berikut: 2 siswi (2,04%) memiliki kebahagiaan belajar sangat tinggi, 65 siswi (66,32%) berada pada kategori tinggi, 30 siswi (30,61%) berada pada kategori sedang, dan 1 siswi (1,02%) berada pada kategori rendah. Hasil analisis item menunjukkan 9 item (12,5%) memiliki skor rendah sebagai dasar menyusun usulan topik-topik bimbingan. Adapun usulan topik-topik bimbingan adalah (1) Aku Pelajar Semangat Belajar, (2) Aku Fokus Belajar, (3) Mantap Memilih Jawaban, (4) Tugas? Siapa Takut!, dan (5) Aku Bisa Karena Aku Mampu.

Kata Kunci: Kebahagiaan, Belajar, Bimbingan

ABSTRACT**THE HAPPINESS LEVEL ON LEARNING OF SENIOR HIGH STUDENTS
(Descriptive Study on Class XI Students of Stella Duce 2 Senior High School
Yogyakarta Academic Year 2018/2019)**

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This study was aimed to: (1) describe the happiness level on learning of class XI students of Stella Duce 2 Senior High School Yogyakarta academic year 2018/2019; and (2) identify the items of happiness on learning measurement which score is identified low as the basis for the preparation of appropriate guidance topics to help increase the happiness on learning of class XI students of Stella Duce 2 Senior High School Yogyakarta academic year 2018/2019. The type of the research was a quantitative descriptive study. The subject of the study was class XI student at Stella Duce 2 Senior High School Yogyakarta Academic Year 2018/2019 with total subject was 98 female students.

Data collection used in this study was the Happiness Level on Learning Scale which amounted to 72 items. The scale was based on aspects of happiness according to Seligman (Arif, 2016: 41), namely (1) positive emotions; (2) engagement; (3) positive relationships; (4) meaning of life; and (5) accomplishment. The value of the instrument reliability coefficient uses the Alpha Cronbach approach (α) of 0.947. Data analysis techniques used was descriptive statistics with very high, high, medium, low, and very low categorization.

The results of this study indicate that the class XI students of Stella Duce 2 Senior High School Yogyakarta year 2018/2019 have the following levels of happiness on learning: 2 students (2.04%) had very high happiness on learning, 65 students (66.32%) were in the high category, 30 students (30.61%) were in the moderate category, and 1 student (1.02%) was in the low category. The results of item analysis showed that 9 items (12.5%) had low scores and become the base for compiling guidance topics. The proposed topics of guidance are (1) I am a Learning Spirit Student, (2) I Focus on Learning, (3) Strong Choosing Answers, (4) Tasks? Who Is Afraid! and (5) I Can Because I Can.

Keywords: Happiness, Learning, Guidance