

ABSTRAK

**DESKRIPSI AKTUALISASI DIRI
PESERTA DIDIK KELAS XI DI SMK NEGERI 4 KLATEN
TAHUN AJARAN 2012/2013
DAN IMPLIKASINYA PADA TOPIK-TOPIK BIMBINGAN KLASIKAL**

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2013

Tujuan penelitian ini adalah untuk mengetahui bagaimana deskripsi aktualisasi diri dan memberikan informasi tentang topik-topik bimbingan klasikal yang diperlukan untuk mengaktualisasi diri bagi peserta didik Kelas XI SMK Negeri 4 Klaten Tahun Ajaran 2012/2013.

Jenis penelitian ini adalah penelitian deskriptif dengan metode survei. Subyek penelitian adalah para siswa kelas XI SMK Negeri 4 Klaten Tahun Ajaran 2012/2013, sejumlah 65 orang.

Intrumen penelitian ini adalah kuesioner yang disusun berdasarkan 13 aspek-aspek aktualisasi diri menurut Maslow, yaitu (1) Mengamati realitas secara efisien (2) Penerimaan umum atas kodrat, orang-orang lain dan diri sendiri (3) Spontanitas, kesedarhanaan, kewajaran (4) Fokus pada masalah-masalah di luar diri mereka (5) Kebutuhan akan privasi dan independen (6) Berfungsi secara otonom (7) Apresiasi yang senantiasa segar (8) Pengalaman-pengalaman mistik atau puncak (9) Minat sosial (10) Struktur watak demokratis (11) Perbedaan antara sarana dan tujuan, antara baik dan buruk (12) Perasaan humor yang tidak menimbulkan permusuhan, dan (13) Kreativitas. Teknik analisis data yang digunakan adalah kategori aktualisasi diri berdasarkan penelitian acuan patokan (PAP) tipe I. Kategori aktualisasi diri digolongkan menjadi lima kategori yaitu sangat tinggi, tinggi, cukup, rendah, dan sangat rendah. Hasilnya adalah 16 orang (13,79%) memiliki tingkat aktualisasi diri sangat tinggi, 47 orang (40,51%) tinggi, 40 orang (34,48%) cukup, 10 orang (8,62%) rendah dan 3 orang (8%) sangat rendah. Sedangkan hasil penelitian berdasarkan analisis tiap-tiap aspek menunjukkan bahwa ada tiga aspek aktualisasi diri dengan presentasi tertinggi yaitu aspek berfungsi otonom (60,34%) terdiri 50 orang pada kategori cukup, struktur watak demokrasi (51,27%) terdiri dari 45 orang kategori tinggi dan terdapat dua aspek aktualisasi diri dengan presentasi terendah yaitu penerimaan umum atas kodrat, orang-orang lain dan diri sendiri (47,41%) 40 kategori rendah, kebutuhan akan privasi dan independen (38,79%) terdiri 38 orang kategori rendah.

Berdasarkan hasil penelitian tersebut disusun topik-topik bimbingan klasikal untuk meningkatkan aktualisasi diri siswa-siswi Kelas XI SMK Negeri 4 Klaten Tahun Ajaran 2012/2013. Topik-topik bimbingan yang disusun berdasarkan aspek-aspek aktualisasi diri dengan persentase rendah yaitu aspek penerimaan umum atas kodrat, orang-orang lain dan diri sendiri dan aspek kebutuhan akan privasi dan independen.

ABSTRACT

**DESCRIPTION OF SELF ACTUALIZATION
OF XI GRADE STUDENTS IN SMK NEGERI 4 KLATEN
IN ACADEMIC YEAR 2012/2013
AND THE IMPLICATIONS TO THE TOPIC OF CLASSICAL
GUIDANCE**

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The purpose of this study was to determine how the description of self-actualization and provided information on topics about classical guidance that were necessary to actualize themselves for class XI students of SMK Negeri 4 Klaten in Academic Year 2012/2013. This research was a descriptive study using survey method. Subjects were students of class XI SMK Negeri 4 Klaten in Academic Year 2012/2013, that were 65 people.

The research instrument was a questionnaire which is based on 13 aspects of self-actualization according to Maslow, namely (1) Observing reality efficiently (2) General Admission on nature, other people and themselves (3) Spontaneity, simplicity, fairness (4) Focus on problems outside themselves (5) The need for privacy and independent (6) Functioning autonomously (7) Appreciation that is always fresh (8) The experience of mystical or experience of peak (9) Social Interests (10) The structure of democratic temperament (11) The difference between means and goals, between good and bad (12) Humor that does not give rise to hostility, and (13) Creativity. The data analysis technique used the category of self-actualization by research reference benchmark type I. Categories of self-actualization were classified into five categories that were very high, high, enough, low, and very low. The result were 16 people (13.79%) had very high level of self-actualization, 47 people (40.51%) had high level of self-actualization, 40 people (34.48%) had enough of self-actualization, 10 people (8.62%) had low level of self-actualization and 3 people (8%) had very low level of self-actualization. While the results of the research based on analysis of each aspect showed that there were three aspects of self-actualization with the highest presentation aspects of autonomic function (60.34%) consisted of 50 people in enough category, democratic character structure (51.27%) consisted of 45 in high category and there are two aspects of self-actualization with the lowest presentation is general acceptance of the nature, other people and themselves (47.41%) 40 in low category, the need for privacy and independent (38.79%) comprising 38 in low category.

Based on the results of the research, there were compiled guidance classical topics to enhance self-actualization Class XI students of SMK Negeri 4 Klaten in Academic Year 2012/2013. The topics were arranged guidance on aspects of self-actualization with a low percentage of the general acceptance of the aspects of nature, other people and yourself, and aspects of the need for privacy and independence.