

ABSTRAK

TINGKAT ASERTIVITAS MAHASISWA PROGRAM STUDI BIMBINGAN DAN KONSELING ANGGKATAN 2016

(Studi Deskriptif pada Mahasiswa Program Studi Bimbingan dan Konseling
Angkatan 2016 Universitas Sanata Dharma)

CICILIA NOVIA ANDRIANI
UNIVERSITAS SANATA DHARMA
YOGYAKARTA
2020

Penelitian ini bertujuan untuk mengungkap asertivitas mahasiswa Program Studi Bimbingan dan Konseling angkatan 2016 serta memberi usulan topik bimbingan yang relevan untuk mengembangkan asertivitas dalam diri setiap mahasiswa.

Jenis penelitian ini adalah penelitian deskriptif kuantitatif dengan subjek penelitian adalah mahasiswa Program Studi Bimbingan dan Konseling angkatan 2016 yang berjumlah 52 mahasiswa. Instrumen yang digunakan dalam penelitian ini adalah kuesioner tingkat asertivitas yang disusun berdasarkan 6 aspek yaitu: 1) Kemampuan menunjukkan kesetaraan dalam hubungan manusia, 2) Bertindak menurut kepentingan sendiri, 3) Kemampuan membela diri, 4) Mengekspresikan perasaan dan pikiran dengan jujur dan nyaman, 5) Menerapkan hak-hak pribadi, 6) Tidak mengabaikan hak-hak orang lain. Kuesioner asertivitas memuat 62 butir item dengan 4 alternatif jawaban, sangat sesuai, sesuai, tidak sesuai, dan sangat tidak sesuai. Validitas item berjumlah 36 item dan diperoleh hasil reliabilitas nilai koefisien 0,858.

Hasil penelitian ini menunjukkan bahwa 8 (15,38%) mahasiswa memiliki tingkat asertivitas pada kategori sangat tinggi, 44 (84,61%) mahasiswa masuk dalam kategori tinggi dan tidak ada mahasiswa yang memiliki tingkat asertivitas pada kategori sedang, rendah, dan sangat rendah. Melalui hasil perhitungan skor item, terdapat 34 (94,44%) item tergolong kategori sangat tinggi dan 2 (5,55%) item yang tergolong kategori tinggi. Maka disusunlah usulan topik pengembangan asertivitas mahasiswa Program Studi Bimbingan dan Konseling angkatan 2016. Usulan topik pengembangan asertivitas mahasiswa yaitu memahami perasaan dalam diri dan menghargai hak dan perasaan orang lain. Usulan topik pengembangan ini dilakukan dengan metode dialog kelas bersama dengan dosen pendamping akademik.

Kata kunci : asertivitas, mahasiswa, topik bimbingan.

ABSTRACT**THE ASSERTIVITY LEVEL OF 2016'S GUIDANCE AND COUNSELING STUDY PROGRAM STUDENTS**

(A Descriptive Study on 2016's Guidance and Counseling Study Program Student Of Sanata Dharma University)

CICILIA NOVIA ANDRIANI
SANATA UNIVERSITY OF DHARMA
YOGYAKARTA
2020

The aim of this study was to find out the 2016's Guidance and Counseling Study Program Students assertiveness and provide suggestions for relevant guidance topics to develop assertiveness in each student.

The type of the research was a quantitative descriptive study with 2016's Guidance and Counseling Study Program Students as the research subject with total number of subject was 52 students. The instrument used in this study was the assertiveness level questionnaire which was compiled based on 6 aspects, namely: 1) The ability to show equality in human relations, 2) Acting according to one's own interests, 3) The ability to defend oneself, 4) Expressing feelings and thoughts honestly and comfortably, 5) Applying personal rights, 6) Not ignoring the rights of others. Assertiveness questionnaire contained 36 items with four alternative answers, which were very appropriate, appropriate, inappropriate, and very inappropriate. The measurement results of subject assertiveness were classified into five category, namely very high, high, medium, low and very low. The reliability coefficient was using Cronbach's Alpha with a coefficient value of 0.858.

The results of this study showed that 8 (15.38%) students had assertiveness in the very high category, 44 (84.61%) students were in the high category and there were no students who had assertiveness in the medium, low and very low categories. The results of the calculation of item scores showed that there were 34 (94.44%) items classified in very high category and 2 (5.55%) items that were classified in high category. Then the proposed topic was developed for student assertiveness development of 2016's Guidance and Counseling Study Program Students. The proposed topic for developing student assertiveness was to understand feelings within and respect the rights and feelings of others. The proposed development topic was carried out using the in-class dialogue method together that assisted by academic lecturers.

Keywords: *assertively, student, guidance topic.*