

ABSTRAK

PENINGKATAN KEMATANGAN KARIER MELALUI BIMBINGAN KELOMPOK TEKNIK *ROLE PLAY* PADA PESERTA DIDIK SMA

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Penelitian ini bertujuan untuk mengetahui efektivitas bimbingan kelompok dengan teknik *Role Play* dalam meningkatkan kematangan karier peserta didik SMA BOPKRI 1 Yogyakarta. Latar belakang penelitian ini adalah rendahnya pemahaman peserta didik mengenai perencanaan karier setelah lulus sekolah, sehingga diperlukan metode bimbingan yang mampu menginternalisasikan aspek kematangan karier.

Penelitian menggunakan metode Penelitian Tindakan Bimbingan Dan Konseling (PTBK) dengan pendekatan kuantitatif. Populasi penelitian adalah peserta didik kelas XI-F6, XI-7, dan XI-F8. Sampel diambil menggunakan teknik *purposive sampling* sebanyak 12 peserta didik yang memiliki skor kematangan karier yang rendah berdasarkan hasil *pretest* instrumen utama berupa angket kematangan karier yang disusun berdasarkan teori Donal E. Super (1963), terdiri dari 72 item pernyataan. Penelitian dilaksanakan dalam dua siklus melalui tahapan perencanaan, tindakan, observasi, dan wawancara skor kematangan karier antara *pretest* dan *posttest*.

Hasil penelitian menunjukkan bahwa teknik *Role Play* efektif meningkatkan kematangan karier peserta didik. Pada siklus I, rata-rata skor *pretest* sebesar 95,83 meningkat menjadi 149,33 pada *posttest*. Namun, evaluasi proses menunjukkan implementasi tindakan belum optimal, sehingga dilakukan perbaikan pada siklus II. Hasilnya terjadi peningkatan sangat signifikan dengan rata-rata skor *posttest* II mencapai 163,25.

Penelitian menyimpulkan bahwa bimbingan kelompok dengan teknik *Role Play* efektif meningkatkan kematangan karier peserta didik. Peserta didik memiliki pemahaman yang lebih baik mengenai persiapan, perencanaan, dan gambaran karier masa depan.

Kata kunci: Bimbingan Kelompok, Teknik *Role Play*, Kematangan Karier.

ABSTRACT

**INCREASING CAREER MATURITY THROUGH ROLE PLAY TECHNIQUE
GROUP GUIDANCE FOR HIGH SCHOOL STUDENTS**

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This study aims to determine the effectiveness of group guidance with Role Play techniques in increasing the career maturity of students of SMA BOPKRI 1 Yogyakarta. The background of this research is the low understanding of students about career planning after graduating from school, so a guidance method that is able to internalize the aspect of career maturity is needed.

The research uses the Guidance and Counseling Action Research (PTBK) method with a quantitative approach. The research population is students in grades XI-F6, XI-7, and XI-F8. The sample was taken using the purposive sampling technique of 12 students who had a low career maturity score based on the results of the pretest of the main instrument in the form of a career maturity questionnaire prepared based on Donal E. Super (1963), theory consisted of 72 statement items. The research was carried out in two cycles through the stages of planning, action, observation, and interview of career maturity scores between pretest and posttest.

The results of the study show that the Role Play technique is effective in increasing the career maturity of students. In the first cycle, the average pretest score of 95.83 increased to 149.33 in the posttest. However, the process evaluation showed that the implementation of the action was not optimal, so improvements were made in cycle II. As a result, there was a very significant increase with the average posttest score II reaching 163.25.

The study concluded that group guidance with Role Play techniques was effective in increasing the career maturity of students. Students have a better understanding of preparation, planning, and a picture of future careers.

Keywords: *Group Guidance, Role Play Techniques, Career Maturity.*

