

## ABSTRAK

### KEMAMPUAN MENGELOLA EMOSI MAHASISWA YANG SEDANG MENYUSUN SKRIPSI Studi Deskriptif pada Mahasiswa Prodi BK USD Angkatan Tahun 2012

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Penelitian ini bertujuan untuk memperoleh gambaran mengenai kemampuan mahasiswa prodi BK USD angkatan tahun 2012 yang sedang mengerjakan skripsi dalam mengelola emosinya dan membuat usulan-usulan kegiatan untuk meningkatkan kemampuan mengelola emosi.

Penelitian ini termasuk penelitian deskriptif dengan metode survei. Subjek penelitian adalah seluruh mahasiswa prodi BK USD angkatan tahun 2012 yang sedang mengerjakan skripsi yang berjumlah 62 orang. Instrumen penelitian berupa kuesioner yang mengungkap kemampuan mahasiswa dalam mengelola emosinya yang terbagi dalam lima aspek, yaitu kemampuan mengendalikan diri, memiliki sifat dapat dipercaya, menunjukkan sifat bersungguh-sungguh, menunjukkan adaptabilitas, dan kemampuan berinovasi. Kategorisasi kemampuan mahasiswa prodi BK USD angkatan tahun 2012 yang sedang mengerjakan skripsi dalam mengelola emosinya berdasarkan kriteria Likert. Terdapat lima tingkat kemampuan mahasiswa dalam mengelola emosinya yaitu, sangat tinggi/ sangat mampu, tinggi/ mampu, sedang/ cukup mampu, rendah/ kurang mampu, sangat rendah/ sangat kurang mampu.

Hasil penelitian memperlihatkan bahwa: 8 (12, 9%) mahasiswa tergolong sangat mampu (sangat tinggi) mengelola emosinya, 49 (79, 03%) mahasiswa tergolong mampu (tinggi) mengelola emosinya, 5 (8, 06%) mahasiswa tergolong cukup mampu (sedang) mengelola emosinya, dan tidak ada (0%) mahasiswa yang tergolong kurang mampu (rendah) mengelola emosinya, tidak ada (0%) mahasiswa yang tergolong sangat kurang mampu (sangat rendah) mengelola emosinya. Usul-usul mahasiswa BK USD angkatan tahun 2012 bagi prodi BK USD untuk membantu mahasiswa meningkatkan kemampuan mengelola emosi, diharapkan dari pihak mahasiswa. Usul-usul tersebut diantaranya adalah diadakan seminar mengenai cara mengelola emosi bagi mahasiswa yang sedang mengerjakan skripsi, diadakan kegiatan sharing setiap minggu bersama dosen pembimbing, diadakan kegiatan dinamika kelompok di luar kampus bersama dengan teman-teman dan dosen pembimbing setiap minggu, diadakan kegiatan relaksasi di luar kampus bersama dengan teman-teman dan dosen pembimbing setiap minggu.

## ABSTRAK

### THE ABILITY OF THE STUDENTS WHO ARE WRITING THE UNDERGRADUATE THESIS

#### Descriptive Study Of the Students Of Guidance And Counseling Program At Sanata Dharma University Batch 2012

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This research aims to obtain a description of the ability of the students of guidance and counseling study program at Sanata Dharma University batch 2012 who are writing the undergraduate thesis in managing their emotions and make proposals for activities to improve the ability to manage emotions.

This research belongs to a descriptive research with a survey method. The subjects of this research is were 62 students of guidance and counseling study program at Sanata Dharma University batch 2012 who were writing undergraduate thesis. The research instrument used is in the form of questionnaire that describes the ability of students in managing their emotions which was divided into five aspects, namely the ability to control oneself, to have trustworthiness, to show earnest, show adaptability, and the ability to innovate. The technique of data analysis used was categorization of the ability of the students of guidance and counseling study program at Sanata Dharma University batch 2012, who are writing the undergraduate thesis in managing their emotions based on Likert's criteria. There are five levels of students' ability in managing emotions, namely, very high/very capable, high/capable, medium/average, low/less capable, very low/very poor.

The results shows that: 8 students (12, 9%) had a very high ability in managing their emotions, 49 students (79, 03%) had a high ability in managing their emotions, 5 students (8, 06%) had a moderate ability in managing their emotions, and no students (0%) had low ability in managing their emotions, no students (0%) had a very low ability in managing their emotions. The proposals studentsof guidance and cunseling program at Sanata Dharma University batch 2012 to help students improve the ability to manage emotions, it is expected of the students. The proposed activity include holding seminars on how to manage emotions for student writing thesis, conducting weekly haring with lecturers, holding weekly group dynamics outside campus with friends and lecturers, held relaxation activities in outside the campus along with friends and lecturers each week.