

ABSTRAK

**UPAYA PENINGKATKAN MOTIVASI BELAJAR INTRINSIK SISWA
SMP MELALUI BIMBINGAN KELOMPOK BERBASIS *OUTBOUND***

(Penelitian Tindakan Bimbingan dan Konseling Pada Siswa SMP

Kelas VII dan VIII di Asrama St. Aloysius Turi)

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Penelitian ini bertujuan; 1) meningkatkan motivasi belajar intrinsik siswa kelas VII dan VIII SMP di Asrama St. Aloysius Turi melalui layanan bimbingan kelompok berbasis *outbound*; 2) mengetahui tingkat efektivitas *outbound* dalam meningkatkan motivasi belajar intrinsik siswa kelas VII dan VIII SMP di Asrama St. Aloysius Turi, Yogyakarta tahun ajaran 2014/2015.

Penelitian ini merupakan Penelitian Tindakan Bimbingan dan Konseling (PTBK) yang dilaksanakan dalam 2 siklus. Setiap siklus dalam penelitian ini dilakukan satu kali pertemuan. Subyek penelitian ini adalah siswa kelas VII dan VIII di Asrama St. Aloysius Turi, Yogyakarta Tahun Ajaran 2014/2015 yang berjumlah 43 siswa. Data penelitian ini diperoleh melalui Skala Motivasi Belajar Intrinsik dengan reliabilitas 0.948. Teknik analisis data yang digunakan adalah analisis deskriptif-kategori distribusi normal dan uji *t*.

Hasil penelitian menunjukkan: Pada pra tindakan terdapat 2,32 %, siswa masuk kategori sangat rendah, 2,32 % siswa masuk kategori rendah, 11,62 % siswa masuk ke dalam kategori sedang, 62,79 % siswa masuk ke dalam kategori tinggi dan 20,93 % siswa masuk ke dalam kategori sangat tinggi. Pada siklus 1 terdapat 13,95 % siswa masuk ke dalam kategori sedang, 55,81 % siswa masuk ke dalam kategori tinggi dan 30,23 % siswa masuk ke dalam kategori sangat tinggi. Pada siklus 2 terdapat 55,81 % siswa masuk ke dalam kategori tinggi dan 44,18 % siswa masuk ke dalam kategori sangat tinggi. 2) Jadi ada peningkatan pada pra siklus sampai siklus II dimana terdapat penaikan skor item dan skor subjek pada setiap peningkatan motivasi belajar intrinsik secara signifikan pada siswa kelas VII dan VIII SMP di Asrama St. Aloysius Turi Yogyakarta setelah mengikuti layanan bimbingan kelompok berbasis *outbound*. Jadi, kesimpulannya peningkatan motivasi belajar intrinsik siswa pada kelas VII dan VIII SMP di Asrama St. Aloysius Turi efektif dapat ditingkatkan melalui layanan bimbingan kelompok berbasis *outbound*.

Kata Kunci : Motivasi Belajar Intrinsik, bimbingan kelompok, outbound

**EFFORTS TO INCREASE INTRINSIC MOTIVATION LEARNING
THROUGH GROUP COUNSELING SERVICE BASED OUTBOUND
ACTIVITY TO JUNIOR HIGH SCHOOL STUDENTS
(Guidance and Counseling Action Research on The Seventh and Eighth
Grade Students Junior High School of St. Aloysius Indormitory Turi
Yogyakarta Academic Year 2014/2015)**

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The objective of this research; 1) increase intrinsic motivation learning among the seventh and eighth grade students of St. Aloysius Indormitory Turi through outbound-based group counseling service; 2) identify effectiveness of outbound to increase intrinsic motivation study confidence among the seventh and eighth grade students of St. Aloysius Indormitory Turi Yogyakarta at 2014/2015 academic year. It was an action research on guidance and counseling that were done in two cycles. Each cycle in this research was done in one meeting. The subject of the research was 43 students of the seventh and eighth grade junior high school of St. Aloysius Indormitory Turi Yogyakarta, academic year 2014/2015, which consisted of 33 male students and 10 female students.

The data was obtained from intrinsic motivation study scale and was supported with the result of observation during group counseling, interview and documentation. The result of the confidence scale reliability coefficient values obtained by the instrument of 0,948. Therefore the research instrument in the category of very high for the value of reliability. The data analysis techniques used in the research is a descriptive analysis of the distribution category and hypothesis testing.

The result of the research: 1) In the pre-action contained 2.32%, the students categorized as very low, 2.32% of students categorized as low, 11.62% of students into the medium category, 62.79% of students into the high category and 20.93% of the students into the category very high. In cycle 1 contained 13.95% of the students into the moderate category, 55.81% of students into the high category and 30.23% of the students into the category very high. In cycle 2 contained 55.81% of the students into the high category and 44.18% of the students into the category very high. Indicated that there is difference in pre-action until cycle II, in which there is increase in the item score and subject score in each cycle it indicated that there was an increase in self confidence significantly on the students after following group counseling service through outbound based-group counseling service with the following details. 2) It was revealed that intrinsic motivation learning of the seventh and eighth grade student junior high school of St. Aloysius Indormitory Turi Yogyakarta may be improved through outbound-based group counseling service.

Keywords : Intrinsic Motivation Learning , Group Counseling, Outbound