

ABSTRAK
SELF AWARENESS DAN IMPLIKASINYA PADA USULAN TOPIK
PROGRAM PENGEMBANGAN DIRI
(Studi Deskriptif pada Mahasiswa Program Studi Bimbingan dan Konseling
Angkatan 2014 Universitas Sanata Dharma Yogyakarta)

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Penelitian ini bertujuan untuk memperoleh gambaran tentang *Self Awareness* mahasiswa Program Studi Bimbingan dan Konseling angkatan 2014 dan membuat usulan program untuk mengembangkan *Self Awareness* dalam diri mahasiswa.

Jenis penelitian ini adalah penelitian deskriptif kuantitatif dengan metode penelitian survei. Subjek penelitian adalah seluruh mahasiswa Program Studi Bimbingan dan Konseling angkatan 2014. Instrumen penelitian yang digunakan menggunakan lima aspek, yaitu *attention*, *wakefulness*, *architecture*, *recall of knowledge*, dan *emotive*. Kuesioner yang digunakan yaitu *self awareness* dan teknik analisis data yang digunakan dalam penelitian yaitu berdasarkan pengkategorisasian. Terdapat lima tingkat dalam pengkategorisasian *Self Awareness* mahasiswa angkatan 2014, yaitu sangat tinggi, tinggi, sedang, rendah dan sangat rendah.

Hasil penelitian ini menunjukkan bahwa mahasiswa Program Studi Bimbingan dan Konseling angkatan 2014 Universitas Sanata Dharma, memiliki tingkat *Self Awareness* sebagai berikut: 9 (21,95%) sangat tinggi, 18 (43,90%) tinggi, 14 (34,14%) sedang, dan tidak ada mahasiswa yang berada pada kategori *self awareness* rendah dan sangat rendah. Melalui hasil perhitungan skor item, terdapat 39 (95,12%) item tergolong sangat tinggi dan 2 (4,87%) item yang tergolong tinggi. Maka diusulkan topik-topik program pengembangan diri berdasarkan butir-butir item kuesioner terendah yang dapat mengembangkan *Self Awareness* mahasiswa Program Studi Bimbingan dan Konseling angkatan 2014. Judul topik program pengembangan diri mahasiswa yaitu Mengenali Kesehatan Pribadi, Keterampilan Belajar, Manajemen Waktu, dan *How to Management Your Emotions?*. Program pengembangan diri dilakukan dengan metode bimbingan klasikal, konseling kelompok, dan acara *weekend* dengan tujuan untuk mengembangkan *Self Awareness* mahasiswa.

Kata Kunci : *Self Awareess*, program pengembangan diri.

ABSTRACT
SELF AWARENESS AND IMPLICATIONS OF PROPOSED TOPICS ON
THE
SELF DEVELOPMENT PROGRAM (A Descriptive Study on Student
Guidance and Counseling Program Batch 2014
Sanata Dharma University in Yogyakarta)

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This study aims to obtain an overview of Self Awareness among the students of Guidance and Counseling Study Program Batch 2014 and make proposals to develop Self Awareness program within the students.

This type of research is descriptive quantitative research with survey method. The research subjects were all students of Guidance and Counseling Study Program Batch 2014. The research instrument uses five aspects, namely attention, wakefulness, architecture, recall of knowledge, and emotive. The questionnaire used is self-awareness and the data analysis technique used in the study is based on categorization. There are five levels in the categorization of the students' Self Awareness class of 2014, namely very high, high, medium, low and very low.

These results indicate that students of Guidance and Counseling Batch 2014 Sanata Dharma University have the Self Awareness as follows: 9 (21.95%) is categorized as very high, 18 (43.90%) as high, 14 (34.14%) as moderate, and no student was in the category of low and very low self-awareness. Through the calculation of scores of items, 39 (95.12%) items were very high and 2 (4.87%) items were high. Therefore, the proposed topics of self-development program were based on the lowest questionnaire items to develop students Self Awareness. The title of the topic of the student self-development program was Recognizing Personal Health, Study Skills, Time Management, and How to Management Your Emotions? Self-development program was carried out using the class guidance method, group counseling, and weekend events carried out to develop students' Self Awareness.

Keywords : *Self Awareness*, program pengembangan diri.