

ABSTRAK

Ayudhira Wiranti, 111314153006, Konseling Kelompok *Solution Focused* untuk meningkatkan *Self Regulated Learning* Pada Siswa Atlet di SMAN 4 Surabaya, Tesis, Fakultas Psikologi Universitas Airlangga Surabaya, 2016.

xiii+ 87 halaman, 8 lampiran

Penelitian ini bertujuan untuk mengetahui ada atau tidaknya perbedaan *self regulated learning* antara kelompok siswa atlet yang memperoleh konseling kelompok *solution focused* dengan kelompok siswa atlet yang tidak menggunakan konseling kelompok *solution focused* di SMAN 4 Surabaya. Penelitian ini lebih difokuskan kepada siswa atlet karena siswa atlet harus dapat mempertahankan nilai-nilai pelajaran sekolahnya sekaligus menjaga performa olahraganya.

Penelitian ini adalah penelitian eksperimental kuasi dengan desain eksperimen *pretest-posttest control group design*. Subjek penelitian ini berjumlah 12 siswa atlet kelas X dan XI di SMAN 4 Surabaya. Alat pengumpul data adalah skala *Self Regulatory Strategies Scale (SRSS)* untuk siswa atlet. Validitas skala ini adalah validitas isi dengan reliabilitas 0,804. Data dianalisa dengan menggunakan *independent samples test*.

Hasil analisa data terhadap skor subjek diperoleh nilai $t = 5,037$ dengan taraf signifikansi $0,001 < 0,05$. Kesimpulannya adalah terdapat perbedaan *self regulated learning* antara kelompok siswa atlet yang memperoleh konseling kelompok *solution focused* dengan kelompok siswa atlet yang tidak memperoleh konseling kelompok *solution focused* di SMAN 4 Surabaya. Dari perbedaan mean disebutkan bahwa kelompok yang memperoleh konseling kelompok lebih tinggi daripada kelompok yang tidak memperoleh konseling kelompok.

Kata Kunci : siswa atlet, *self regulated learning*, konseling kelompok, *solution focused*

Daftar Pustaka, 35 (1990-2015)

ABSTRACT

Ayudhira Wiranti, 111314153006, Solution-Focused Group Counseling to Improve Self Regulated Learning On Student Athlete at State Senior High School 4 Surabaya, Thesis, Faculty of Psychology, Airlangga University Surabaya, 2016.

Xiii + 87 pages, 8 attachments

This study aims to determine whether or not self-regulated learning differences between group of student athletes obtaining solution-focused group counseling and group of student athletes that do not obtain solution-focused group counseling at State Senior High School 4 (SMAN 4) Surabaya. This study was focused more on student athletes as student athletes should be able to maintain the school academic grades while maintaining the sport performance.

The conducted study was a quasi experimental research using pretest-posttest controlled group design as its experimental design. Subjects of this study were 12 student athletes in class X and XI of SMAN 4 Surabaya. The data collection instrument was the Self-Regulatory Strategies Scale (SRSS) for student athletes. The validity of this scale is a content validity with reliability: 0.804. Data were analyzed using independent samples test.

Based on the results of the data analysis on the subjects' scores, the obtained t value is 5,037 with a significance level of $0,001 < 0,05$. The conclusion is that there is difference self-regulated learning between the group of student athletes obtaining solution-focused group counseling and the group of student athletes that does not receive solution-focused group counseling at SMAN 4 Surabaya. The difference in mean shows that the group receiving group counseling group is higher than the group that does not receive the group counseling.

Keywords: Student Athletes, Self-Regulated Learning, Group Counseling, Solution Focused

References, 35 (1990-2015)