

## ABSTRAK

TINGKAT KEBAHAGIAAN PESERTA DIDIK DENGAN SISTEM *FULL DAY SCHOOL* DITINJAU DARI JENIS KELAMIN LAKI-LAKI DAN PEREMPUAN

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Penelitian ini bertujuan untuk (1) Mengetahui bagaimana tingkat kebahagiaan siswi perempuan di SMA N 1 Karangdowo Klaten terkait belajar menggunakan sistem *full day school*. (2) Mengetahui bagaimana tingkat kebahagiaan siswa laki-laki di SMA N 1 Karangdowo Klaten terkait belajar menggunakan sistem *full day school*. (3) Mendeskripsikan perbedaan tingkat kebahagiaan peserta didik SMA N 1 Karangdowo Klaten. Perolehan hasil dari perbedaan tingkat perbedaan dari siswa laki-laki dan perempuan yang dijadikan sebagai acuan dalam pelaksanaan sistem *full day school*.

Subjek penelitian ini adalah siswa siswi SMA N 1 Karangdowo Klaten berjumlah 70 siswa. Jenis penelitian ini adalah deskriptif kuantitatif komparatif. Pengumpulan data penelitian ini menggunakan google form tingkat kebahagiaan siswa dengan sistem *full day school* di SMA N 1 Karangdowo Klaten yang berisi 53 item. Kuesioner disusun menggunakan aspek aspek kebahagiaan menurut Seligman (2002) reliabilitas instrumen diuji menggunakan pendekatan *Alpha Cronbach* diperoleh dari koefisien besar (0,904) dengan jumlah item valid 53 item. Teknik analisis data menggunakan deskriptif statistik dengan kategorisasi sangat tinggi, tinggi, sedang, rendah, sangat rendah.

Hasil penelitian menunjukkan bahwa (1) terdapat perbedaan tingkat kebahagiaan antara laki-laki dan perempuan 2 siswa (2%) yang kebahagiaannya masuk dalam kategori sangat tinggi, 40 siswa (70%) masuk dalam kategori tinggi, dan 21 siswa (20%) masuk dalam kategori rendah. (2) Tingkat kebahagiaan Siswi perempuan mayoritas 18 siswa (48%) masuk dalam kategori tinggi. (3) Tingkat kebahagiaan siswa laki-laki mayoritas 12 siswa (57%) masuk dalam kategori sedang.

**Kata kunci :** Tingkat Kebahagiaan, *Full Day School*

**ABSTRACT**

**THE LEVEL OF STUDENT PARTICIPANTS HAPPINESS WITH THE  
FULL DAY SCHOOL SYSTEM IS REVIEWED FROM  
THE GENDER OF MALE AND FEMALES**

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*This research aims to (1) Find out how the level of happiness of female students at SMA N 1 Karangdowo Klaten is related to studying using the full day school system. (2) Knowing the level of happiness of male students at SMA N 1 Karangdowo Klaten regarding studying using the full day school system. (3) Describe the differences in the level of happiness of student participants at SMA N 1 Karangdowo Klaten. The results obtained from the differences in levels of differences between male and female students were used as the basis for preparing topics for personal social guidance for the Guidance and Counseling Study Program at Sanata Dharma University, Yogyakarta.*

*The subjects of this research were 70 students of SMA N 1 Karangdowo Klaten. This type of research is descriptive quantitative comparative. Data collection for this research used a Google form for students' happiness levels using the full day school system at SMA N 1 Karangdowo Klaten which contained 53 items. The questionnaire was prepared using aspects of happiness according to Seligman (2002). The reliability of the instrument was tested using the Cronbach's Alpha approach. obtained from a large coefficient (0.904) with a total of 53 valid items. The data analysis technique uses descriptive statistics with categorization as very high, high, medium, low, very low.*

*The research results showed that (1) 2 students (2%) whose happiness was in the very high category, 40 students (70%) were in the high category, and 21 students (20%) were in the low category. (2) The level of happiness of female students, the majority of 18 students (48%) are in the high category. (3) The level of happiness of male students, the majority of 12 students (57%) are in the medium category.*

*Keywords: Level of Happiness, Full Day School*