

ABSTRAK

PERBEDAAN RESILIENSI SISWA SMA YANG TINGGAL DI ASRAMA DENGAN TINGGAL DI RUMAH BERSAMA KELUARGA

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Penelitian ini bertujuan untuk: (1) mengetahui apakah ada perbedaan resiliensi antara siswa yang tinggal di asrama dan tinggal di rumah bersama keluarga; (2) mengetahui seberapa tinggi tingkat resiliensi siswa yang tinggal di asrama; (3) mengetahui seberapa tinggi tingkat resiliensi siswa yang tinggal di rumah bersama keluarga; dan (4) mengetahui butir item skala resiliensi mana yang teridentifikasi rendah yang dapat diusulkan sebagai topik bimbingan.

Jenis penelitian ini adalah penelitian kuantitatif dengan desain penelitian komparatif. Subjek penelitian sebanyak 108 siswa dari SMA Dominikus Wonosari dan SMA Pangudi Luhur Sedayu. Subjek penelitian yang diambil diantaranya adalah 54 siswa yang tinggal di asrama dan 54 siswa yang tinggal di rumah bersama keluarga. Instrumen penelitian menggunakan skala likert sebanyak 49 pernyataan dan 4 alternatif jawaban. Penelitian dilakukan secara langsung melalui *google form*. Uji validitas yang digunakan adalah validitas isi dan dilanjutkan dengan *professional judgement* oleh dosen pembimbing. Uji validitas menyatakan semua item valid dan uji reliabilitas termasuk kategori tinggi. Uji perbedaan resiliensi dianalisis dengan mencari selisih rata-rata tingkat resiliensi siswa selanjutnya dilakukan pengujian dengan teknik *independent sample t-test*.

Hasil penelitian: 1) Berdasarkan hasil deskripsi tingkat resiliensi siswa yang tinggal di asrama dan tinggal di rumah bersama keluarga diperoleh 13% siswa asrama dan 13% siswa tinggal di rumah berkategori sangat tinggi, 59% siswa asrama dan 48% siswa tinggal di rumah berkategori tinggi, 24% siswa asrama dan 39% siswa yang tinggal di rumah berkategori sedang, 4% siswa asrama dan 0% siswa yang tinggal di rumah berkategori rendah, dan tidak ada siswa asrama maupun yang tinggal di rumah memiliki tingkat resiliensi sangat rendah. 2) Berdasarkan analisis skor item tingkat resiliensi siswa SMA diperoleh 6% item berkategori sangat tinggi, 73% item berkategori tinggi, 18% item berkategori sedang, 2% item berkategori rendah, 0% item berkategori sangat rendah. 3) Berdasarkan uji dengan teknik *independent sample t-test* diperoleh nilai $p = 0,202 > 0,05$ yang berarti bahwa tidak ada perbedaan yang signifikan pada resiliensi siswa SMA yang tinggal di asrama dengan tinggal di rumah bersama keluarga.

Kata kunci: resiliensi, siswa, SMA, asrama, rumah bersama keluarga

ABSTRACT

THE DIFFERENCES IN RESILIENCE OF HIGH SCHOOL STUDENTS LIVING IN DORMITORIES AND STAYING AT HOME WITH FAMILY

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This research aims to: (1) find out whether there is a difference in resilience between students who live in dormitories and those who live at home with their families; (2) find out how high the level of resilience of students living in dormitories is; (3) find out how high the level of resilience of students who live at home with their families is; and (4) knowing which resilience scale items are identified as low and can be proposed as a topic for guidance.

This type of research is quantitative research with a comparative research design. The research subjects were 108 students from Dominikus Wonosari High School and Pangudi Luhur Sedayu High School. The research subjects taken included 54 students who lived in dormitories and 54 students who lived at home with their families. The research instrument uses a likert scale with 49 statements and 4 alternative answers. Research was carried out directly via google form. The validity test used is content validity and followed by professional judgement by the supervisor. The validity test states that all items are valid and the reliability test is in the high category. The resilience difference test was analysed by looking for the difference in the average level of student resilience and then tested using the independent sample t-test technique.

Research results: 1) Based on the results of the description of the level of resilience of students who live in dormitories and who live at home with their families, it was found that 13% of dormitory students and 13% of students living at home are in very high category, 59% of dormitory students and 48% of students living at home are in high category, 24% of dormitory students and 39% of students living at home are in the medium category, 4% of dormitory students and 0% of students living at home are in the low category, and neither boarding students nor those living at home have a very low level of resilience. 2) Based on the analysis of high school student's resilience level item scores, it was found that 6% of items were categorised as very high, 73% items was categorised as high, 18% items was categorised as medium, 2% items was categorised as low, 0% items was categorised as very low. 3) Based on tests using the independent sample t-test technique, the value of $p = 0.202 > 0.05$ was obtained, which means that there is no significant difference in the resilience of high school students who live in dormitories and those who live at home with their families.

Key words: resilience, students, high school, dormitory, home with family