

Pengaruh latihan membangun kepercayaan diri terhadap rasa percaya diri remaja  
di Kelurahan Sindang Barang Bogor = The effect of self confidence developing training on adolescent self confidence  
at Sindang Barang Village Bogor City / Nurlis

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Abstrak

**ABSTRAK**

Jumlah remaja kelurahan Sindang Barang Bogor adalah 20 % dari jumlah penduduknya Pada masa remaja terjadi berbagai perubahan baik fisik maupun psikologis dan social. Dalam perkembangannya, remaja mengalami berbagai stress psikologis, tekanan dari teman sebaya dan gejolak emosi akibat perubahan dalam dirinya. Remaja memerlukan kegiatan mental untuk meningkatkan ketrampilan sosial dalam menghadapi setiap permasalahan hidup yang dihadapinya melalui suatu latihan mengembangkan kepercayaan diri. Penelitian yang dilakukan berjudul “ pengaruh latihan membangun rasa percaya diri” bertujuan mengembangkan rasa percaya diri remaja. Metode penelitian ini dengan desain quasi experiment melalui pendekatan pre dan post test dan tehnik pengambilan sampel secara purposive sampling, responden berjumlah 90 orang remaja yang dibagi dalam tiga kelompok latihan. Latihan kelompok pertama diberi buku pedoman , dilatih serta dibimbing dua kali, kelompok kedua diberi buku pedoman, dilatih dan tanpa dibimbing serta kelompok ketiga hanya diberi buku pedoman tanpa dilatih dan dibimbing. Rasa percaya diri diukur sebelum dan sesudah intervensi dengan menggunakan kuesioner. Kemudian hasil ini dianalisis secara statistik . Hasil penelitian membuktikan ada perbedaan peningkatan rasa percaya diri secara bermakna sebelum dan sesudah intervensi pada ketiga kelompok. Rasa percaya diri remaja yang diberi buku pedoman, dilatih dan dibimbing dua kali lebih meningkat dari dua cara lainnya. Usia remaja berpengaruh terhadap peningkatan rasa percaya diri. Disarankan kegiatan mengembangkan rasa percaya diri remaja dengan memberi buku pedoman, dilatih dan dibimbing

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**ABSTRACT**

Adolescent at Sindang Barang Village Bogor City are about 20% of total population. In their development, adolescent are having various physis, psychologic and social changes and facing various psychologic stresses, pressure from their peer and emotional fluctuation due to the changes in their body. Thus, adolescent need mental activity to improve their social capability in facing every problem they have through a self confidence development training. This research was aimed to develop adolescent self confidence. Method used was quasi experiment design using pre and post test approach.

90 adolescents were selected by purposive sampling, divided into three groups. Training given was differed into three groups, first group given guideline book, trained and guided twice, second group given guideline book, trained without being guided, and the third group only given guideline book without being trained and guided. Self confidence was evaluated before and after intervention using questionnaire, and analyzed statistically. The result revealed that there was a significant difference in increased self confidence before and after intervention given to the three groups. Self confidence of adolescent who given guideline book, trained and guided twice have increased compared to the two other groups. Adolescent age have an influence on increased self confidence. It is suggested to develop adolescent self confidence by giving guideline book, training and guidance.