

## ABSTRAK

Ardiyati Jatika. **KEEFEKTIFAN TEKNIK *SELF-MANAGEMENT* UNTUK MENINGKATKAN PERENCANAAN KARIER PESERTA DIDIK KELAS XI SMA BATIK 1 SURAKARTA**. Skripsi, Fakultas Keguruan dan Ilmu Pendidikan Universitas Sebelas Maret Surakarta. Juli 2018.

Penelitian ini bertujuan untuk menguji keefektifan teknik *Self-Management* untuk meningkatkan perencanaan karier peserta didik kelas XI SMA Batik 1 Surakarta.

Penelitian ini menggunakan jenis penelitian *Quasi Experimental Design*, subjek penelitian yang berjumlah 30 terbagi menjadi kelompok kontrol dan kelompok eksperimen. Alat pengumpul data menggunakan angket perencanaan karier. Data tentang perencanaan karier peserta didik diperoleh dari hasil *pretest* dan *posttest* yang dilaksanakan oleh peneliti. *Treatment* menggunakan teknik *self management* dilaksanakan selama empat kali pertemuan, teknik *self management* dilakukan untuk meningkatkan perencanaan karier peserta didik kelas XI SMA Batik 1 Surakarta. Analisis data menggunakan uji *Mann Whitney* dan *Wilcoxon* dengan bantuan SPSS 20.

Hasil analisis uji *Mann Whitney* pada kegiatan *pre-test* diketahui bahwa  $U$  sebesar 108.500 dan nilai uji  $Z$  sebesar  $-0,167$  dengan signifikansi sebesar  $0,868 > 0,05$ , maka  $H_0$  diterima  $H_a$  ditolak dan pada kegiatan *post-test* diketahui bahwa  $U$  di peroleh nilai sebesar 2500 dan uji  $Z$  sebesar  $-4.567$  dengan signifikansi sebesar  $0,000 < 0,05$ , maka  $H_0$  ditolak  $H_a$  diterima. Hasil analisis uji *Wilcoxon* diketahui bahwa  $Z$  sebesar  $-3,441$  dengan nilai signifikansi  $0,001$ . Hasil tersebut menunjukkan  $0,001 < 0,05$  yang artinya ada perbedaan yang signifikan antara data *pre-test* dengan data *post-test* subyek penelitian setelah diberi *treatment*. Hasil penelitian dapat menunjukkan bahwa *Self-Management* dapat meningkatkan perencanaan karier peserta didik. Peningkatan terjadi karena peserta didik mulai dapat mengelola dirinya yang kemudian itu dijadikan sebagai dasar dalam perencanaan karirnya. Simpulan dari penelitian ini adalah *Self-Management* efektif untuk meningkatkan perencanaan karier peserta didik kelas XI SMA Batik 1 Surakarta.

**Kata kunci** : Perencanaan karier, *Self-management*, Peserta Didik Sekolah Menengah Atas Kelas X

## ABSTRACT

Ardiyati Jatika. ***EFFECTIVENESS OF SELF-MANAGEMENT TECHNIQUE TO IMPROVE CAREER PLANNING OF STUDENTS OF CLASS XI SENIOR HIGH SCHOOL BATIK 1 SURAKARTA.*** Thesis, Faculty of Teacher Training and Education SebelasMaret University Surakarta. July 2018.

*This research aimed to determine the effectiveness of Self Management technique to improve career planning of students of class XI Senior High School Batik 1 Surakarta.*

*The method used in this reasech was Quasi Experimental Design, study subjects of this research were 30 divided into a control group and experimental group. Data collected using career planning questionnaire. Data about career planning of students were obtained from the results of pretest and posttest conducted by researcher. Treatment of self-management was held during four meetings, self management technique was done to improve the career planning of class XI students of Senior High School Batik 1 Surakarta. Data analysis used was Mann Whitney and Wilcoxon help by SPSS 20.*

*The results of the Mann Whitney test analysis on the pre-test activities revealed that  $U$  was 108,500 and the  $Z$  test value was -0,167 with a significance of  $0,868 > 0,05$ , then  $H_0$  was accepted  $H_a$  was rejected and in the post-test activities it was known that  $U$  was obtained a value of 2500 and the  $Z$  test was -4,567 with a significance of  $0,000 < 0,05$ , so  $H_0$  was rejected  $H_a$  was accepted. The results of the Wilcoxon test analysis show that  $Z$  was -3.444 with a significance value of 0.001. These results show  $0.001 < 0.05$  which means that there was a significant difference between the pre-test data and the post-test data of the study subjects after being given treatment. The results of the study could show that Self-Management could improve the career planning of students. The increase occured because students began to be able to manage themselves which then was used as a basis for planning their career. The conclusion of this research is self-management effective to improve career planning of students of class XI Senior High School Batik 1 Surakarta.*

*Keywords: Career planning, Self-management, High School Students of Class XI*