

ABSTRAK

PENINGKATAN *PERSONAL GROWTH* MELALUI BIMBINGAN KELOMPOK TEKNIK DISKUSI TEMA GAYA KOMUNIKASI PADA MAHASISWA BARU BIMBINGAN & KONSELING FKIP UNIVERSITAS LAMPUNG 2018

Oleh

Aini Berliani

Tujuan penelitian untuk mengetahui peningkatan *personal growth* melalui bimbingan kelompok teknik diskusi tema gaya komunikasi. Metode yang digunakan dalam penelitian ini adalah *quasi exsperiment* desain *non equivalent control group design*. Subjek penelitian menggunakan kelompok eksperimen sebanyak 10 orang dan kelompok kontrol sebanyak 10 orang. Teknik pengumpulan data menggunakan skala *personal growth*. Hasil penelitian menunjukkan bahwa *personal growth* mahasiswa baru dapat ditingkatkan melalui bimbingan kelompok teknik diskusi tema gaya komunikasi, hal ini ditunjukkan melalui hasil Uji *Mann Whitney*. Hasil analisis statistik menunjukkan nilai (Sig) $0,000 < 0,05$, jadi kesimpulannya adalah *personal growth* dapat ditingkatkan menggunakan bimbingan kelompok teknik diskusi tema gaya komunikasi pada mahasiswa baru Bimbingan & Konseling FKIP Universitas Lampung 2018.

Kata kunci: bimbingan kelompok, gaya komunikasi, *personal growth*.

ABSTRACT

THE IMPROVEMENT OF PERSONAL GROWTH THROUGH GROUP GUIDANCE DISCUSSION TECHNIQUE THEME OF COMMUNIANION STYLE ON NEW COLLEGE STUDENTS GUIDANCE AND COUNSELING FKIP LAMPUNG UNIVERSITY 2018

By

Aini Berliani

The purpose of the research was to know increasement of personal growth through group guidance discussion technique theme of communication style. The method used in this study was quasi-experimental design of non equivalent control group design. The research subjects used an experimental group of 10 people and a control group of 10 people. Data collection techniques used a personal growth scale. The results showed that personal growth new college students could be improved through group guidance discussion technique theme of communication style, this was shown through the Mann Whitney Test results. The results of the statistical analysis showed that the value (Sig) was $0.000 < 0.05$, so the conclusion is that personal growth can be increased using the group guidance discussion technique theme of communication style on New College Students Guidance and Counseling FKIP Lampung University 2018.

Keywords: *communication style, group guidance, personal growth.*