

## ABSTRAK

### **PENINGKATKAN SIKAP POSITIF TERHADAP *ENVIROMENTAL MASTERY* MENGUNAKAN LAYANAN BIMBINGAN KELOMPOK TEKNIK *ROLE PLAYING* PADA SISWA KELAS XI SMA AL-AZHAR 3 BANDAR LAMPUNG TAHUN AJARAN 2018/2019**

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Tujuan penelitian untuk meningkatkan sikap positif terhadap kesejahteraan psikologis dimensi *environmental mastery*. Penelitian ini menggunakan metode *quasi eksperimen* desain *untreated control group design with dependent pre-test and posttest*. Subjek penelitian adalah kelompok eksperimen sebanyak 10 orang dan kelompok kontrol sebanyak 10 orang. Teknik pengumpulan data menggunakan skala sikap *environmental mastery*. Hasil analisis ditunjukkan nilai (Sig)  $0,000 < 0,05$ , maka  $H_0$  ditolak dan  $H_a$  diterima, artinya bahwa terdapat peningkatan sikap positif terhadap *environmental mastery* setelah diberikan layanan bimbingan kelompok teknik *role playing* pada kelompok eksperimen. Kesimpulannya adalah sikap positif terhadap *enviromental mastery* dapat ditingkatkan menggunakan layanan bimbingan kelompok teknik *role playing* .

**Katakunci** : bimbingan dan konseling, bimbingan kelompok teknik *role playing*.  
*environmental mastery*.

## **ABSTRACT**

### **THE IMPROVEMENT POSITIVE ATTITUDES TOWARDS ENVIRONMENTAL MASTERY THROUGH GROUP GUIDANCE ROLE PLAYING IN CLASS STUDENTS XI SMA AL- AZHAR 3 BANDAR LAMPUNG ACADEMIC YEAR 2018/2019**

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The purpose of the research is to increase a positive attitude towards psychological well-being, the dimension of environmental mastery. The method this study is quasi experimental design of untreated control group design with dependent pre-test and posttest. The research subjects used an experimental group of 10 people and a control group of 10 people. The results of the statistical analysis showed that the value (Sig) was  $0.000 < 0.05$ , so  $H_0$  was rejected and  $H_a$  was accepted, meaning that there was an increase in students' attitudes towards environmental mastery after being given the role playing group guidance service in the experimental group. The conclusion is that attitudes towards environmental mastery can be increased using the role playing group guidance services in the experimental

**Keywords:** guidance and counseling, role playing.