

## ABSTRAK

### PENINGKATAN SIKAP POSITIF TERHADAP *AUTONOMY* MENGUNAKAN BIMBINGAN KELOMPOK TEKNIK *SIMULASI* *GAMES* PADA SISWA KELAS XI SMA NEGERI4 BANDAR LAMPUNG TAHUN AJARAN 2018/2019

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Permasalahan dalam penelitian ini adalah sikap negatif terhadap kesejahteraan psikologi dimensi *Autonomy* Permasalahannya adalah “apakah layanan bimbingan kelompok teknik simulasi game dapat meningkatkan sikap positif terhadap *autonomy* pada siswa kelas XI SMA Negeri 4 Bandar Lampung Tahun Ajaran 2018/2019. ”Tujuan penelitian untuk meningkatkan sikap positif terhadap kesejahteraan psikologi dimensi *Autonomy*. Dilihat dari hasil Uji Mann Whitney menunjukkan nilai  $(sig)0,00 < 0,05$  maka  $H_0$  ditolak dan  $H_a$  diterima, artinya terdapat peningkatan sikap siswa terhadap kemandirian setelah diberikan layanan bimbingan kelompok teknik simulasi game pada kelompok eksperimen. Kesimpulannya adalah sikap terhadap *Autonomy* siswa dapat ditingkatkan dengan menggunakan bimbingan kelompok teknik simulasi game

**KataKunci:** *autonomy*, bimbingan dan konseling, bimbingan kelompok teknik *simulasi game*

## **ABSTRACT**

### **THE IMPROVEMENT POSITIVE ATTITUDES TOWARDS AUTONOMY THROUGH GROUP GUIDANCE GAME SIMULATION TECHNIQUES IN CLASS STUDENTS XI SMA NEGRI 4 BANDAR LAMPUNG ACADEMIC YEAR 2018/2019**

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The problem of this research is the students who have negative attitude in purpose in life at school. The problem is “whether the group guidance for game simulation techniques can improve students positive attitude towards autonomy in class XI students of students of SMA Negeri 4 Bandar Lampung”. The objective of the research is to improve students positive attitudes towards psychological well-being, especially the dimension of autonomy. The results showed that attitudes towards the autonomy of students in schools could be improved through group guidance techniques for games simulation techniques, this was shown by the Mann Whitney test results. The results of statistical analysis showed value (Sig.)  $0,000 < 0,05$  the  $H_0$  was rejected by  $H_a$  accepted, meaning that there was an increase in the attitude of students towards autonomy after being given group guidance services to game simulation techniques in the experimental group in class XI SMA Negeri 4 Bandar Lampung Academic Year 2018/2019. The conclusion is that the attitude of students of students towards autonomy class XI can be increased using group simulation techniques for game simulation techniques.

**Keywords:** guidance and counseling, group guidance games simulation.