

ABSTRAK

Hia, Restui. 2025. Pengentasan Perilaku Konformitas Teman Sebaya: Studi Pengaruh Layanan BK Klasikal dan Penguasaan Konten, Skripsi. Pembimbing: Dr. Famahato Lase, S.Pd., M.Pd., Kons.

Penelitian ini bertujuan mengungkapkan pengaruh layanan BK klasikal dan layanan penguasaan konten terhadap pengentasan perilaku konformitas teman sebaya pada siswa. Konformitas berlebihan terhadap tekanan sosial sebaya dapat menghambat perkembangan kepribadian dan pengambilan keputusan. Intervensi melalui layanan BK dipandang strategis untuk menumbuhkan kemandirian dan resistensi terhadap tekanan tersebut. Penelitian ini menggunakan metode asosiatif kuantitatif dengan sampel 15 siswa kelas XI-AK SMK Negeri 1 Lahomi, dipilih melalui teknik purposive sampling. Instrumen yang digunakan berupa angket, dan data dianalisis dengan uji regresi parsial (uji t) dan simultan (uji F). Hasil menunjukkan bahwa layanan BK klasikal ($t = 3,310$; $p = 0,003$) dan layanan penguasaan konten ($t = 3,412$; $p = 0,004$) berpengaruh signifikan secara parsial terhadap pengentasan konformitas. Secara simultan, keduanya juga berpengaruh signifikan ($F = 5,388$; $p = 0,021$), dengan nilai R^2 sebesar 0,573. Temuan ini menegaskan pentingnya penerapan layanan BK yang terstruktur dalam membentuk karakter siswa yang mandiri, kritis, dan tahan terhadap tekanan teman sebaya.

Kata Kunci: Konformitas Teman Sebaya, Layanan BK Klasikal, Layanan Penguasaan Konten

ABSTRACT

Hia, Restui. 2021. *Reducing Peer Conformity Behavior: A Study on the Influence of Classical Guidance and Counseling Services and Content Mastery Services*. Undergraduate Thesis, Supervisor: Dr. Famahato Lase, S.Pd., M.Pd., Kons.

This study aims to examine the influence of classical guidance and content mastery services on reducing peer conformity behavior among students. Excessive conformity to peer pressure can hinder personal development and decision-making abilities. Therefore, intervention through guidance and counseling (GC) services is considered strategic in fostering student autonomy and resistance to social pressure. This associative quantitative research involved 15 Grade XI-AK students from SMK Negeri 1 Lahomi, selected through purposive sampling. Data were collected using a questionnaire and analyzed using partial regression (t-test) and simultaneous regression (F-test). The results show that both classical GC services ($t = 3.310$, $p = 0.003$) and content mastery services ($t = 3.412$, $p = 0.004$) have a significant partial effect on reducing peer conformity. Simultaneously, both variables also demonstrated a significant effect ($F = 5.388$, $p = 0.021$), with a coefficient of determination (R^2) of 0.573, indicating that 57.3% of the variance in peer conformity behavior can be explained by the two services. These findings highlight the importance of structured GC services in promoting student independence, critical thinking, and resilience against negative peer influence.

Keywords: Peer Conformity, Classical Guidance Services, Content Mastery Service