

ABSTRACT

Adolescent is a period where transformations take place, in which one of them is related to relationship with parents and their aspiration, where aspiration which is recognized as concept of future orientation by adolescent. Future orientation is individual illustration of him/her selves in future context, which can assist the person to guide themselves to achieve some systematic transformations, to accomplish their desire (Nurmi, 1989). This research is conducted by experimental approach; with objective to investigate if there are any differences before and after Future Orientation training to research subject.

In this research, future orientation is associated with adolescent in 12th grade students plans in anticipating and planning action after they graduated from senior high school. In this research, adolescent were given future orientation training aiming to increase the adolescent awareness about future orientation concept. Content of the training were Introduction of future orientation, Motivation, Planning and Self Evaluation. Future orientation training was given with experimental learning approach, in which adolescent were given some experiences that can assist the subject in understanding future orientation concept to anticipate and plan their future.

Based on statistical calculation on future orientation training draft module test with one group pretest-posttest experimental design, it was found that $t = 0.151$ with coefficient $\alpha = 0.05$. Mann Whitnet U was used as statistical test, in which normality test was previously conducted with Kolmogorov Smirnov Z statistical test. With criteria: H_0 objected if test value $t < \alpha$, with coefficient $\alpha = 0.05$, therefore the result showed that there are no changes in increasing understanding about future orientation concept. However, if it is examined from observation results and training instrument it were observed that the training gave positive result, in which participants gave positive and high judgement to material, methods and facilitators with average score and modus in value of 8 to 10.

Keywords: Training, Future Orientation, Adolescent

ABSTRAK

Masa remaja merupakan periode dimana terjadi perubahan-perubahan yang salah satunya berkaitan dengan hubungan dengan orang tua dan cita-cita mereka, dimana cita-cita yang dikenal remaja merupakan suatu konsep yang disebut dengan orientasi masa depan. Orientasi Masa Depan adalah gambaran individu tentang dirinya dalam konteks masa depan, yang akan membantu individu mengarahkan dirinya untuk mencapai sejumlah perubahan yang sistematis, guna meraih apa yang diinginkannya. (Nurmi, 1989). Penelitian ini merupakan penelitian dengan pendekatan eksperimental, dimana tujuannya untuk melihat apakah terdapat perbedaan kondisi sebelum dan sesudah diberikannya perlakuan Pelatihan Orientasi Masa Depan kepada subyek penelitian. Dalam penelitian ini, orientasi masa depan dikaitkan dengan rencana remaja siswa kelas XII dalam mengantisipasi dan merencanakan tindakan setelah mereka lulus dari SMA. Dalam penelitian ini, remaja diberi perlakuan pelatihan Orientasi Masa Depan yang bertujuan untuk meningkatkan pemahaman remaja tentang konsep orientasi masa depan. Adapun dalam pelatihan diberikan materi mengenai Pengenalan Orientasi Masa Depan, Motivasi, Perencanaan dan Evaluasi Diri. Pelatihan oriensi masa depan diberikan dengan menggunakan pendekatan *experiential learning*, yang mana remaja diberikan sejumlah pengalaman yang akan membantu remaja di dalam memahami konsep orientasi masa depan untuk mengantisipasi dan merencanakan kehidupan masa depannya.

Berdasarkan perhitungan statistika pada uji coba rancangan modul pelatihan orientasi masa depan dengan menggunakan rancangan penelitian *One Group Pretest – Posttest*, diperoleh hasil $t = 0,151$ dengan koefisien $\alpha = 0,05$. Uji statistika yang digunakan adalah Uji Mann Whitney U dimana sebelumnya dilakukan uji normalitas dengan uji statistika Kolmogorov Smirnov Z. Dengan kriteria : tolak H_0 jika nilai uji $t < \alpha$, dengan koefisien $\alpha = 0,05$, maka hasilnya menunjukkan tidak terdapat perubahan peningkatan pemahaman tentang konsep orientasi masa depan. Akan tetapi jika dilihat dari hasil observasi dan alat ukur pelaksanaan pelatihan menunjukkan hasil yang baik, dimana peserta memberikan penilaian yang positif dan cukup tinggi terhadap materi, metode dan fasilitator dengan skor rata-rata dan modus pada nilai 8 dari rentang 10.

Kata kunci: Pelatihan, Orientasi Masa Depan, Remaja

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