

### **Abstract**

*Specialization in curriculum 2013 applies that specialization is carried in the beginning of Senior High School. This is a new thing for the freshmen. In the previous research, there were a lot of students who were unable to accept this new curriculum and got into the specialization which was not suitable with their interest and affected their study pattern. This research used training pattern of self identification using Johari Windows. The purpose of this research is to increase self acceptance of the student in accepting their condition in the class which is not suitable with their interest. The subjects of the research were students as many as 13 people (7 people in the experimental group and 6 people in the control group). Tools used in this study were self acceptance training module, self acceptance scale, observation sheet in the group receiving training and training evaluations sheet. Measurement of self acceptance score by self acceptance scale. Measurements were taken before and after self knowledge training. The design that was used is the untreated control group design with pretest and posttest. Quantitative data analysis was done by independent sample t-test gain score to find out the effect of self knowledge training program before and after the training (in both groups). The results of hypothesis testing of the study show the value of independent sample t-test gain score resulted, ( $t = 1.132$ ;  $p > 0.05$ ) which means that there is no significance difference between experimental group and control group in terms of self acceptance.*

*Keyword : Johari window, self acceptance, class specialization*

### **Abstrak**

Kurikulum 2013 menerapkan peminatan dilaksanakan pada awal masuk SMA dan merupakan hal baru bagi siswa baru. Studi pendahuluan banyak siswa yang tidak bisa menerima masuk dalam peminatan yang tidak sesuai dan mempengaruhi pola belajarnya. Penelitian ini menggunakan pola pelatihan pengenalan diri dengan teknik Jendela Johari. Tujuan dari penelitian ini adalah meningkatkan penerimaan diri siswa. Penelitian ini melibatkan 13 orang peserta yang dibagi menjadi 2 kelompok (7 kelompok eksperimen dan 6 kelompok kontrol). Alat yang digunakan dalam penelitian ini adalah modul pelatihan pengenalan diri, skala penerimaan diri, lembar observasi pada kelompok yang mendapat pelatihan dan lembar evaluasi pelatihan. Skor penerimaan diri diukur menggunakan skala penerimaan diri. Pengukuran dilakukan sebelum pelatihan dan sesudah pelatihan. Desain yang akan digunakan adalah *the untreated control group design with pretest and posttest*. Analisis data kuantitatif dilakukan melalui uji statistik *Independent sample t-test gain score* untuk mengukur pengaruh pelatihan pengenalan diri terhadap kelompok eksperimen dan kelompok kontrol antara sebelum dan sesudah pelatihan. Hasil uji hipotesis penelitian berdasarkan hasil *Independent sample t-test gain score*, ( $t = 1,132$ ;  $p > 0,05$ ) tidak ada perbedaan signifikan antara kelompok eksperimen dan kelompok kontrol dalam hal penerimaan diri.

Kata

kunci: Jendela Johari, penerimaan diri, peminatan kelas