

Pelatihan Kebersyukuran untuk Meningkatkan *Sense of School Belonging* Siswa SMP

Indah Nadzifah Hayati

Abstrak

Sense of school belonging (SoSB) is a major requirement for students to function optimally at school. The result of interview in one of SMPN in Tulungagung showed that some students had low SoSB. Gratitude Intervention proved to be effective to increase SoSB. This study examined the effect of gratitude training on SoSB of junior high school students. This study used a quasi-experimental untreated control group design with dependent pretest and posttest sample. There were 32 junior high school students participated in this study; divided into control group and experimental group. Instruments used in this study consist of SoSB scale, gratitude in school scale, and also gratitude training module that has been validated. The result of the research data tested using Independent Samples t-Test showed the value of $t = 3.023$, ($p < 0.05$). This figure explained that the research hypothesis is accepted, means the gratitude training can increase SoSB junior high school students significantly.

Keywords: sense of school belonging, training, gratitude, junior high school students.

*Sense of school belonging (SoSB) merupakan kebutuhan utama bagi siswa yang harus terpenuhi agar dapat berfungsi secara optimal di sekolah. Hasil wawancara di salah satu SMPN di Tulungagung menunjukkan bahwa beberapa siswa memiliki SoSB yang rendah. Intervensi kebersyukuran bagi siswa terbukti dapat meningkatkan SoSB. Penelitian ini menguji pengaruh pelatihan kebersyukuran terhadap SoSB siswa SMP. Rancangan kuasi eksperimen, dengan disain *the untreated control group, with dependent pre-test and post-test sample* dipilih sebagai metode penelitian. Partisipan penelitian berjumlah 32 siswa, terbagi dalam kelompok kontrol dan eksperimen. Instrumen yang dipakai dalam penelitian terdiri dari skala SoSB, skala syukur di sekolah, dan juga modul pelatihan kebersyukuran yang sudah tervalidasi. Hasil uji data penelitian menggunakan *Independent Samples t-Test* menunjukkan nilai $t = 3,023$, ($p < 0,05$). Angka tersebut menjelaskan bahwa hipotesis penelitian diterima, yaitu pelatihan kebersyukuran dapat meningkatkan SoSB pada siswa SMP secara signifikan.*

Kata kunci: rasa memiliki terhadap sekolah, pelatihan, syukur, siswa SMP.