**DAFTAR ISI**

**Halaman**

HALAMAN JUDUL ……………………………………………………………. i

PERSETUJUAN PEMBIMBING ………………………………………………. ii

MOTO .........................................……………………………………………… iii

PERNYATAAN KEASLIAN SKRIPSI .............................................................. iv

ABSTRAK …………………………………………………………………........ v

PRAKATA ………………………………………………………………............ vi

DAFTAR ISI ........................................................................................................ ix

DAFTAR TABEL ................................................................................................. xii

DAFTAR GAMBAR ............................................................................................ xiii

DAFTAR LAMPIRAN ......................................................................................... xiv

BAB I PENDAHULUAN

1. Latar Belakang............... ............................................................................ 1
2. Rumusan Masalah ...................................................................................... 8
3. Tujuan Penelitian ....................................................................................... 9
4. Manfaat Hasil Penelitian ............................................................................ 9

BAB II KAJIAN PUSTAKA, KERANGKA PIKIR, DAN HIPOTESIS

1. Konsep Dasar Berpikir Positif dan

Berpikir Negatif......................................................................................... 10

1. Berpikir Positif...................................................................………… 10
2. Pengertian Berpikir Positif............................................................. 10
3. Ciri Berpikir Positif ........................................................................ 13
4. Manfaat Berpikir Positif ................................................................. 15
5. Berpikir Negatif.................................................................................... 16
6. Pengertian Berpikir Negatif ........................................................... 16
7. Ciri-ciri Pikiran Negatif ................................................................ 17
8. Faktor-faktor Penyebab Pikiran Negatif ........................................ 19
9. Konsep Dasar Teknik Konseling Berpikir Positif..................................... 19
10. Pengertian Konseling ........................................................................... 19
11. Pengertian Teknik Konseling Berpikir Positif ....................................... 20
12. Tujuan Teknik Konseling Berpikir Positif .............................................. 23
13. Fokus Teknik Konseling Berpikir Positif ............................................... 24
14. Prinsip Teknik Konseling Berpikir Positif .............................................. 25
15. Proses Teknik Konseling Berpikir Positif .............................................. 26
16. Kerangka Pikir ..........……………………………………………………. 27
17. Hipotesis .................................................................................................... 30

BAB III METODOLOGI PENELITIAN

1. Pendekatan dan Jenis Penelitian ................................................................ 31
2. Disain Penetian ........................................................................................ 31
3. Variabel dan Definisi

Operasional................................................................................................ 32

1. Populasi dan Sampel .................................................................................. 33
2. Populasi ................................................................................................ 33
3. Sampel .................................................................................................. 34
4. Teknik dan Prosedur Pengumpulan Data .................................................. 34
5. Angket (Kuesioner) ............................................................................. 35
6. Uji Validasi .............................................................................. 36
7. Uji Reabilitas ........................................................................... 36
8. Observasi .............................................................................................. 37
9. Teknik Analisis Data .................................................................................. 38
10. Analisis Statistik Deskriptif ................................................................. 38
11. *Wilcoxon Signed Ranks Test* ................................................................ 40
12. Pengujian Hipotesis ............................................................................. 41

BAB IV HASIL PENELITIAN DAN PEMBAHASAN

1. Hasil Penelitian .......................................................................................... 42
2. Gambaran Tingkat Kecenderungan Berpikir Negatif Siswa Sebelum

dan Sesudah Penerapan Teknik Konseling Berpikir Positif ................42

1. Pengujian Hipotesis ............................................................................. 45
2. Pembahasan ................................................................................................ 46

BAB V KESIMPULAN DAN SARAN

1. Kesimpulan ……………………………………………………………… 50
2. Saran-Saran ……………………………………………………………… 50

DAFTAR PUSTAKA ........................................................................................... 52

LAMPIRAN .......................................................................................................... 54

RIWAYAT HIDUP ............................................................................................... 131

**DAFTAR TABEL**

**Nomor Nama Tabel Halaman**

* 1. Penyebaran siswa yang menjadi populasi penelitian ……………………….. 33

3.2. Penyebaran siswa yang menjadi sampel penelitian ....……………………… 34

3.3. Pembobotan Item Angket ........................ .................………………………. 35

3.4. Kriteria Penentuan Hasil Observasi ………………………………………… 38

3.5. Kategori Tingkat Kecenderungan Berpikir Negatif Siswa....................... ...... 39

4.1. Data Tingkat Kecenderungan Berpikir Negatif Siswa Sebelum dan

Sesudah diberi Perlakuan ............................................................................... 42

4.2. Data Hasil Persentase Observasi Pelaksanaan Teknik Konseling

Berpikir Positif ................................................................................................ 43

4.3. Hasil Analisis Hipotesis Berdasarkan Skor *Pretest* dan *Posttest*

Melalui Uji *Wilcoxon* .....................................................................…………. 45

**DAFTAR GAMBAR**

**Nomor Nama Gambar Halaman**

Gambar 2.1. Alur Kerangka Pikir................................................ 29

**DAFTAR LAMPIRAN**

**Nomor Nama Lampiran Halaman**

1. Jadwal Pelaksanaan Penelitian ...............................………………………… 55
2. Skenario Pelaksanaan Penelitian ........................................………................ 58
3. RPBK .................................................………………………………………. 69
4. Lembar Validasi Kuesioner ........................................................................... 79
5. Kisi-Kisi Angket Sebelum Uji Coba .............................................................. 81
6. Kisi-kisi Angket Setelah Uji Coba …………………………………………. 87
7. Data Mentah Skor Uji Coba Lapangan……………………………………… 92
8. Data Mentah Skor *Pretest* dan *Postest* ........................................................... 94
9. Uji Validitas dan Reabilitas ...……………………………………………….. 96
10. Data Hasil Penelitian *Pretest* dan *Posttest*...................................................... 99
11. Histogram ........................................................................................................ 101
12. Lembar Observasi ........................................................................................ 102
13. Analisis Data Observasi .................................................................................. 112
14. Pengujian Hipotesis ........................................................................................ 114
15. Dokumentasi ................................................................................................... 115
16. Persuratan ........................................................................................................ 119