

**PENERAPAN PROGRAM *CONSCIOUSNESS BASED EDUCATION*
UNTUK MEMBENTUK KARAKTER SISWA KELAS X DI SMA NEGERI
BALI MANDARA**

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ABSTRAK

Tujuan penelitian ini adalah mengetahui hasil implementasi Program Pendidikan Berbasis Kesadaran (*Consciousness Based Education*) dalam membentuk karakter siswa di SMA Negeri Bali Mandara, menganalisis faktor-faktor yang mendukung dan menghambat pelaksanaan Program Pendidikan Berbasis Kesadaran (*Consciousness Based Education*) membentuk karakter siswa, serta mendeskripsikan solusi alternatif yang dirancang mengatasi hambatan pelaksanaan Program Pendidikan Berbasis Kesadaran (*Consciousness Based Education*), sehingga mampu memperkuat dampak positif dan meminimalisasi dampak negatif terhadap pembentukan karakter siswa di SMA Negeri Bali Mandara. Penelitian ini secara khusus menitikberatkan pada pembentukan nilai karakter disiplin dan tanggung jawab pada siswa kelas X di SMA Negeri Bali Mandara. Metode yang digunakan adalah deskriptif kualitatif dengan teknik pengumpulan data berupa observasi, wawancara, dan studi dokumentasi. Dalam proses analisis data secara kualitatif menggunakan teknik analisis menurut Miles dan Huberman yaitu melalui langkah pengumpulan data, reduksi data, penyajian, dan kesimpulan. Hasil penelitian menunjukkan bahwa Program Pendidikan Berbasis Kesadaran telah diterapkan sejak tahun 2012 dan dilaksanakan melalui berbagai kegiatan pendukung, seperti *Transcendental Meditation*, kegiatan kesamaptaaan, serta pendampingan intensif di lingkungan asrama. Pelaksanaan program didukung oleh komitmen sekolah, ketersediaan sarana dan prasarana yang memadai, serta sistem pendampingan yang berkelanjutan. Adapun hambatan yang ditemui meliputi proses adaptasi awal siswa, keterbatasan konsentrasi, dan kepadatan jadwal kegiatan. Untuk mengatasi kendala tersebut, sekolah menerapkan strategi berupa program orientasi awal, penyesuaian jadwal, serta penguatan pendampingan. Penerapan solusi tersebut terbukti mampu meningkatkan efektivitas Program Pendidikan Berbasis Kesadaran dalam membentuk karakter disiplin dan tanggung jawab siswa kelas X.

Kata Kunci: Pendidikan Berbasis Kesadaran; Pendidikan Karakter; Disiplin; Tanggung Jawab; Implementasi Program

**IMPLEMENTATION OF A CONSCIOUSNESS BASED EDUCATION
PROGRAM FORM THE CHARACTER GRADE X STUDENTS AT SMA
NEGERI BALI MANDARA**

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ABSTRACT

The purpose of this study is to determine the results of the implementation of the Consciousness Based Education Program in shaping students' characters at SMA Negeri Bali Mandara, analyze the factors that support and hinder the implementation of the Consciousness Based Education Program in shaping students' characters, and describe alternative solutions designed to overcome obstacles to the implementation of the Consciousness Based Education Program, so as to strengthen the positive impacts and minimize the negative impacts on the formation of students' characters at SMA Negeri Bali Mandara. This study specifically focuses on the formation of character values of discipline and responsibility in class X students at SMA Negeri Bali Mandara. The method used is descriptive qualitative with data collection techniques in the form of observation, interviews, and documentation studies. In the process of qualitative data analysis using analysis techniques according to Miles and Huberman, namely through the steps of data collection, data reduction, presentation, and conclusions. The results of the study indicate that the Consciousness Based Education Program has been implemented since 2012 and is implemented through various supporting activities, such as Transcendental Meditation, fitness activities, and intensive mentoring in the dormitory environment. The implementation of the program is supported by the school's commitment, the availability of adequate facilities and infrastructure, and a continuous mentoring system. The obstacles encountered include the initial adaptation process of students, limited concentration, and a busy schedule of activities. To overcome these obstacles, the school implemented strategies in the form of an initial orientation program, schedule adjustments, and strengthening mentoring. The implementation of these solutions has been proven to be able to increase the effectiveness of the Consciousness Based Education Program in shaping the character of discipline and responsibility of grade 10 students.

Keywords: *Consciousness Based Education; Character Education; Discipline; Responsibility; Program Implementation*