

**Pengembangan Media Permainan Ular Tangga Untuk Meningkatkan Perilaku
Coping Siswa SMA Laboratorium Undiksha Singaraja**

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ABSTRAK

Penelitian ini bertujuan untuk mengembangkan dan menguji keterterimaan media permainan ular tangga untuk meningkatkan perilaku *coping* siswa SMA. Adapun model yang dijadikan acuan pada penelitian pengembangan media permainan ular tangga ini adalah model ADDIE (*analyse, design, development, implementation, evaluation*). Media permainan yang telah dibuat merupakan alat bantu bagi guru bimbingan konseling untuk meningkatkan perilaku *coping* siswa dalam menyelenggarakan layanan bimbingan konseling di sekolah. Hasil penelitian (1) Media permainan ular tangga untuk meningkatkan perilaku *coping* dikatakan valid dengan: (a) hasil penilaian ahli materi yakni Dosen Bimbingan Konseling Universitas pendidikan Ganesha dihitung dalam bentuk deskriptif persentase yang menunjukkan (90,48%) berada pada rentangan kualifikasi sangat baik, (b) hasil penilaian ahli media yakni Dosen Teknologi Pendidikan Universitas pendidikan Ganesha dihitung dalam bentuk deskriptif persentase yang menunjukkan (91,88%) berada pada rentangan kualifikasi sangat baik, (c) hasil penilaian oleh dua praktisi BK yakni Guru bimbingan konseling di SMA menunjukkan persentase (94,5%) berada pada rentangan kualifikasi sangat baik. Dengan demikian media yang dikembangkan yakni media permainan ular tangga untuk meningkatkan perilaku *coping* telah memenuhi uji keberterimaan. Uji efektivitas media permainan dilaksanakan kepada 20 orang siswa kelas XI SMA Laboratorium Undiksha Singaraja dengan menggunakan desain eksperimen *one group pre-test post-test*. Perhitungan yang diperoleh menghasilkan nilai $ES = 4,63$ menunjukkan dalam kriteria ES tinggi, menghasilkan uji hipotesis yakni media permainan ular tangga ini efektif untuk meningkatkan perilaku *coping* siswa SMA.

Kata Kunci : Pengembangan, Permainan, Perilaku *Coping*, Rumus Persentase

Development of Snakes and Ladders Game Media to Improve Behavior Coping for Undiksha Singaraja Laboratory High School Students

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ABSTRACT

This study aims to develop and test the acceptability of the snake and ladder game media to improve the coping behavior of high school students. The model that is used as a reference in the research on the development of the snake and ladder game media is the ADDIE model (analyse, design, development, implementation, evaluation). The game media that has been made is a tool for counseling guidance teachers to improve students' coping behavior in providing counseling guidance services in schools. The results of the study (1) The snake and ladder game media to improve coping behavior is said to be valid with: (a) the results of the assessment of the material expert namely the Counseling Guidance Lecturer at the Ganesha Education University calculated in descriptive form, the percentage which shows (90.48%) is in the very good qualification range. , (b) the results of the assessment of media experts, namely Lecturers of Educational Technology, Ganesha University, are calculated in the form of descriptive percentages which show (91.88%) are in a very good qualification range, (c) the results of the assessment by two BK practitioners namely counseling guidance teachers in high school shows the percentage (94.5%) is in a very good qualification range. Thus the media developed, namely the snake and ladder game media to improve coping behavior has met the acceptance test. The test of the effectiveness of the game media was carried out on 20 students of class XI SMA Laboratorium Undiksha Singaraja using an experimental design of one group pre-test post-test. The calculation obtained results in an ES value = 4.63, indicating that the ES criteria are high, resulting in a hypothesis test that the snake and ladder game media is effective in increasing the coping behavior of high school students.

Keywords: Development, Game, Coping Behavior, Percentage Formula