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Efektivitas Terapi Film Dalam Meningkatkan Harga Diri
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Article Info Article history: Received 2 Agustus 2021 Revised 16 Agustus 2021 Accepted 30 Agustus 2021 Keywords: Self-esteem; Cinema therapy	ABSTRACT This research is aims to determine cinema therapy is effective to be used in increasing students' self-esteem. The method used in this research is experiment. The sample of this research is population of students in Junior High School 31 Samarinda with total population of 60 students. The research method is non-randomized pretest-posttest control group design and by using of paired sample t-test. Based on the test, the score that was obtained value (p) 0,000 in the experimental group, p < 0,05 so hypotheses H ₀ was accepted and H _a was refused which meant: the subjects who was given cinema therapy has increased self-esteem. While the results in the control group value (p) 0,029, p < 0,005 so hypotheses H ₀ was accepted and H _a was refused which meant: the subjects was not given cinema therapy has also increased self-esteem. The conclusion is cinema therapy is ineffective using to increasing self-esteem.
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ABSTRAK Penelitian bertujuan untuk mengetahui apakah terapi film efektif dalam meningkatkan harga diri pada siswa. Metode penelitian yang digunakan adalah eksperimen. Sampel dalam penelitian ini adalah siswa SMP Negeri 31 Samarinda dengan jumlah 60 siswa. Desain penelitian menggunakan non-randomized pretest-posttest control group design dan menggunakan uji paired sample t-test. Hasil uji paired sample t-test diperoleh nilai (p) 0,000 pada kelompok eksperimen, p < 0,05 sehingga H ₀ diterima dan H _a ditolak, artinya subjek yang diberikan terapi film mengalami peningkatan harga diri. Sedangkan pada kelompok kontrol nilai (p) 0,029, p < 0,05 sehingga H ₀ diterima dan H _a ditolak, artinya subjek yang tidak diberikan terapi film juga mengalami peningkatan harga diri. Kesimpulannya terapi film tidak efektif digunakan dalam peningkatan harga diri.	Kata kunci Harga diri; Terapi film
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