

ABSTRAK

Aurel Senja Himaya. 2026. Pengaruh Pola Asuh *Single Parent* dan *Self-Esteem* terhadap Kepribadian Introvert pada Siswa SMA Negeri 1 Karas Kabupaten Magetan. Skripsi. Program Studi Bimbingan dan Konseling, Fakultas Keguruan dan Ilmu Pendidikan, Universitas PGRI Madiun. Pembimbing I: Dr. Ratih Christiana, M.Pd. Pembimbing II: Dr. Diana Ariswanti Triningtyas, S.Pd., M.Psi.

Hasil penelitian menunjukkan bahwa pola asuh *single parent* ($t = 7,888$; Sig. 0,000) dan *self-esteem* ($t = 3,270$; Sig. 0,002) masing-masing berpengaruh signifikan terhadap kepribadian introvert. Secara simultan, kedua variabel juga berpengaruh signifikan ($F = 43,706$; Sig. 0,000) dengan kontribusi sebesar 60,8% (Adjusted R Square = 0,608), sementara 39,2% sisanya dipengaruhi faktor lain di luar penelitian ini. Dapat disimpulkan bahwa efektivitas pengasuhan orang tua tunggal dan tingkat harga diri berperan penting dalam membentuk kecenderungan introversi siswa.

Berdasarkan temuan tersebut, disarankan agar orang tua tunggal tetap membangun komunikasi terbuka dengan anak, guru BK mengoptimalkan intervensi psikologis untuk menguatkan keterampilan sosial siswa, serta peneliti selanjutnya memperluas variabel, cakupan responden, dan metode pengumpulan data guna memperoleh hasil yang lebih komprehensif.

Kata kunci: pola asuh *single parent*, *self-esteem*, kepribadian introvert.

ABSTRAC

Aurel Senja Himaya. 2026. The Influence of *Single-Parent* Parenting and *Self-Esteem* on Introverted Personality in Students of SMA Negeri 1 Karas, Magetan Regency. Thesis. Guidance and Counseling Study Program, Faculty of Teacher Training and Education, Universitas PGRI Madiun. Supervisor I: Dr. Ratih Christiana, M.Pd. Supervisor II: Dr. Diana Ariswanti Triningtyas, S.Pd., M.Psi.

The research results indicate that single-parent parenting styles ($t = 7.888$; Sig. 0.000) and self-esteem ($t = 3.270$; Sig. 0.002) each have a significant influence on introverted personality. Simultaneously, both variables also exert a significant influence ($F = 43.706$; Sig. 0.000), contributing 60.8% (Adjusted R Square = 0.608) to the outcome, while the remaining 39.2% is influenced by factors outside the scope of this study. It can be concluded that the effectiveness of single-parenting and the level of self-esteem play crucial roles in shaping students' tendencies toward introversion.

Based on these findings, it is recommended that single parents maintain open communication with their children, school counselors optimize psychological interventions to strengthen students' social skills, and future researchers expand the variables, respondent scope, and data collection methods to obtain more comprehensive results.

Keywords: *single parent* parenting, *self-esteem*, introverted personality