

Effectiveness Of Communication Skills Training To Increase Self Esteem Students Flight Operation Officer Training Center X

Ucu Anggraeni
Riana Sahrani
Soemiarti Patmonodemwo
Tarumanagara University

Abstract

This study aims to determine the effectiveness of communication skills training in improving self-esteem in student flight operation officer (FOO). The three behavior domains developed in a training are targeted at the cognitive, affective, and psychomotor aspects. The research was conducted in September-December 2017. The participants consisted of 10 experimental groups and 14 control groups. Participation of the experimental group consisted of 1 woman and 9 men, and 3 women and 11 men in the control group. This research uses experimental research design with pretest-posttest control group design. The data collection instruments used in this study were Rosenberg Self-Esteem Scale (RSES) (Brown, 1998) and Interpersonal Communication (Devito in Suranto A.W, 2011). Data were analyzed by paired simple t test with non parametric statistic criterion Wilcoxon. Calculations by comparing RSES pretest and posttest scores in the experimental and control groups. The mean pretest value in the experimental group was 24.3 (SD = 2.83), whereas the mean value in the experimental group posttest 34.8 (SD = 4.02), the probability value or sig (2 tailed) in the experimental group obtained 0.000 results, this means there is a significant difference between pretest and posttest in the experimental group, due to the result obtained <0.05 , ie $0.000 < 0.05$. While in the control group the pretest values in the control group mean 28.7 (SD = 3.76) whereas the mean value in the control group posttest 29.7 (SD = 3.33), the probability or sig (2 tailed) values in the control group were 0.317, there was a significant difference between pretest and posttest in the control group, because the result obtained >0.05 , ie $0.317 > 0.05$. This explains that the research hypothesis is accepted, meaning Interpersonal Communication training can effectively improve the Self-Esteem of FOO Training Center X students.

Keywords: self-esteem, interpersonal communication training, FOO