

## ABSTRAK

**MISDARWANI, NIM: 1133351052. Pengaruh Layanan Konseling Kelompok Pendekatan *Cognitive-Behaviour Therapy* Terhadap Pengurangan Kejenuhan Belajar Siswa Kelas IX SMP Negeri 27 Medan T.A. 2017/2018. Skripsi. Jurusan Psikologi Pendidikan dan Bimbingan. Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2017.**

Tujuan penelitian ini adalah untuk mengetahui pengaruh layanan konseling kelompok pendekatan *cognitive-behaviour therapy* terhadap pengurangan kejenuhan belajar siswa kelas IX SMP Negeri 27 Medan Tahun Ajaran 2017/2018. Penelitian ini merupakan penelitian kuantitatif dengan jenis *quasi experimental* dan desain *pretest-posttest one group design*. Populasi dalam penelitian ini adalah siswa kelas IX. Sampel ditarik dengan menggunakan metode *purposive sampling* sebanyak 10 orang yang berasal dari kelas IX-9. Data penelitian ini dikumpulkan dengan menggunakan skala kejenuhan belajar berjumlah 36 item pernyataan yang telah valid dan reliabel kemudian data dianalisis menggunakan uji wilcoxon. Dari analisis data diperoleh  $j_{hitung} = 10$  dengan  $\alpha = 0,05$ , adapun  $j_{tabel} = 8$ . Dari data tersebut terlihat bahwa  $j_{hitung} > j_{tabel}$  dimana  $10 > 8$  artinya hipotesis diterima. Data *pretest* kejenuhan belajar diperoleh skor rata-rata 117,8, sedangkan data *posttest* kejenuhan belajar diperoleh skor rata-rata sebesar 84,7. Artinya skor rata-rata siswa setelah mendapat layanan konseling kelompok pendekatan *cognitive-behaviour therapy* lebih rendah kejenuhan belajarnya dari pada sebelum mendapat layanan konseling kelompok pendekatan *cognitive-behaviour therapy*. Layanan konseling kelompok pendekatan *cognitive-behaviour therapy* memberikan kontribusi sebesar 39% terhadap pengurangan kejenuhan belajar siswa kelas IX SMP Negeri 27 Medan.

**Kata Kunci : Kejenuhan Belajar, Konseling Kelompok, Pendekatan *Cognitive-Behaviour Therapy*.**

## ABSTRACT

**MISDARWANI, NIM: 1133351052. The Influence of Group Counseling Service with Approach *Cognitive-Behaviour Therapy* on Learning Saturation Reduction of Student Class IX at Junior High School 27 Medan Academic Year 2017/2018. Essay. Department of Educational Psychology and Guidance. Faculty of Science Education. State University of Medan. 2017.**

The purpose of this research is to determine the effect of group counseling service with approach *cognitive-behaviour therapy* on learning saturation reduction of student class IX at junior high school 27 medan academic year 2017/2018. This research is a quantitative research with experimental quasi type and pretest-posttest one group design. Population in this research is class IX Samples are drawn by using purposive sampling method as many as 10 people who come from class IX-9. The data of this study were collected by using scale of learning saturation amounting to 36 items of statements that have been valid and reliable then the data were analyzed using wilcoxon test. From the data analysis obtained  $j$  count = 10, with  $\alpha = 0.05$ , while  $j$  table = 8. From the data it is seen that  $j$  arithmetic  $>$   $j$  table where  $10 > 8$  mean hypothesis accepted. Pretest data learning saturation obtained an average score of 117.8, while posttest data learning saturation obtained average score of 84.7. It means that the average score of students after receiving group counseling service *cognitive-behaviour therapy* approaches is lower than before getting group counseling services with *cognitive-behaviour therapy* approaches. Group counseling services *cognitive-behaviour therapy* approaches contributed 39% to the reduction of learning saturation of students class IX at junior high school 27 medan.

**Keywords: Learning Saturation, Group Counseling, *Cognitive-Behaviour Therapy* Approaches**