

## ABSTRACT

**DESI JESWARI PULUNAGAN, NIM: 1163151010, The Effect of Assertive Training Group Counseling Services on the Self-Esteem of Class VIII students of SMP SW YPI Dharma Budi Sidamanik Academic Year 2020/2021. Thesis, Department of Educational Psychology and Guidance, Faculty of Education, State University of Medan. 2020.**

This study aims to determine whether there is an effect of Behavioral Group Counseling Services Assertive Training Techniques on the Self-Esteem of Class VIII Students of SMP SW YPI Dharma Budi Sidamanik. The method used in this research is quantitative method. This type of research is a quasi-experimental with a pretest-posttest group design. This research was conducted from August to October 2020. The subjects in this study were students of class VIII-A SMP SW YPI Dharma Budi Sidamanik Academic Year 2020/2021. The sample was drawn using random sampling of 7 people, with 7 people being low. The research data were collected by using self-esteem questionnaires totaling 30 items of statements that have been valid and reliable. Then the data were analyzed using the Wilcoxon test to see whether there was a significant effect of the provision of behavioral group counseling services with assertive training techniques on students' self-esteem. So it can be obtained the results of calculations with the initial test score (pre-test) obtained an average value of 54 while the post-test score obtained an average value of 101.7. This means that the average score of students after receiving group counseling services is higher than before receiving group counseling services. This can be seen from the Wilcoxon test results which show that the Wilcoxon level test obtained  $J_{count} = 3$  with  $\alpha = 0.05$  and  $n = 7$  then  $J_{table} = 2$ . From these data, it can be seen that  $t_{count} > t_{table}$  where  $3 > 2$ . This means that the hypothesis is accepted. This means, there is an effect of behavioral group counseling on assertive training techniques on self-esteem in class VIII-A students of SMP SW YPI Dharma Budi Sidamanik. Behavioral group counseling services with assertive training techniques have an effect of 88% on self-esteem (self-esteem) increases in class VIII-A students of SMP SW YPI Dharma Budi Sidamanik.

**Keywords: Behavioral Group Counseling, Assertive Training, Self-Esteem**

## ABSTRAK

**DESI JESWARI PULUNAGAN, NIM:1163151010, Pengaruh Layanan Konseling Kelompok Teknik *Assertive Training* Terhadap *Self-Esteem* siswa Kelas VIII SMP SW YPI Dharma Budi Sidamanik Tahun Ajaran 2020/2021. Skripsi Jurusan Psikologi Pendidikan Dan Bimbingan Fakultas Ilmu Pendidikan, Universitas Negeri Medan. 2020.**

Penelitian ini bertujuan untuk mengetahui apakah ada pengaruh layanan Konseling Kelompok Behavioral Teknik *Assertive Training* Terhadap *Self-Esteem* Siswa Kelas VIII SMP SW YPI Dharma Budi Sidamanik. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif. Jenis penelitian ini adalah eksperimen semu dengan *pretest-posttest group design*. Penelitian ini dilaksanakan pada bulan Agustus s/d Oktober 2020. Subjek dalam penelitian ini adalah siswa kelas VIII-A SMP SW YPI Dharma Budi Sidamanik Tahun Ajaran 2020/2021. Sampel ditarik dengan menggunakan *random sampling* sebanyak 7 orang, dengan 7 orang yang rendah. Data penelitian dikumpulkan dengan kuesioner harga diri berjumlah 30 item pernyataan yang telah valid dan reliabel. Kemudian data dianalisis menggunakan uji *wilcoxon* untuk melihat apakah ada pengaruh signifikan pemberian layanan konseling kelompok behavioral teknik *assertive training* terhadap harga diri (*self-esteem*) pada siswa. Maka dapat diperoleh hasil perhitungan dengan skor tes awal (*pre-test*) diperoleh nilai rata-rata 54 sedangkan skor *post-test* diperoleh nilai rata-rata 101,7. Artinya skor rata-rata siswa setelah mendapat layanan konseling kelompok lebih tinggi daripada sebelum mendapat layanan konseling kelompok. Hal ini dapat dilihat dari hasil uji *wilcoxon* yang menunjukkan bahwa pada uji jenjang *wilcoxon* diperoleh  $J_{hitung} = 3$  dengan  $\alpha = 0,05$  dan  $n = 7$  maka  $J_{tabel} = 2$ . Dari data tersebut terlihat bahwa  $t_{hitung} > t_{tabel}$  dimana  $3 > 2$ . Artinya hipotesis diterima. Hal ini berarti, Ada pengaruh konseling kelompok behavioral teknik *assertive training* terhadap harga diri (*self-esteem*) pada siswa kelas VIII-A SMP SW YPI Dharma Budi Sidamanik. Layanan konseling kelompok behavioral teknik *assertive training* memberikan pengaruh sebesar 88% terhadap harga diri (*self-esteem*) peningkatan pada siswa kelas VIII-A SMP SW YPI Dharma Budi Sidamanik.

**Kata Kunci: Konseling Kelompok Behavioral, *Assertive Training* , Harga Diri (*Self-Esteem*)**