

## ABSTRACT

**KHAIRIYAH HASANA LUBIS. ID: 1183351029. the effectiveness of group counseling services with self-management techniques in managing academic stress for class XI IPA students at SMA Negeri 18 Medan in the 2021/2022 Academic Year. Thesis. Guidance and Counseling Study Program. Faculty of Education, Medan State University. 2022.**

This study aims to determine the effectiveness of self-management technique group counseling services in managing academic stress for class XI IPA students at SMA Negeri 18 Medan in the 2021/2022 academic year. The method used in this study is a quantitative method. This type of research is a quasi-experimental with the establishment of a true experimental design. The subjects in this study were 8 students of class XI IPA who had high academic stress scores. The research data were collected using a student academic stress questionnaire, totaling 29 statement items that were valid and highly reliable. Questionnaires were given before and after the implementation of self-management technique group counseling services. The data were analyzed using the Wilcoxon test to see if there was a significant effectiveness of group counseling on self-management techniques on the management of students' academic stress. This can be obtained from the calculation results with the initial test score (pre-test) in the experimental group obtained an average = 96.875 while the final test score (post-test) in the experimental group obtained an average = 45.375. This can be obtained from the Wilcoxon test which shows that the Wilcoxon level test is obtained by  $J_{hitung} = 6$  while  $J_{(table)} = 4$ . From the critical value table  $J$  for the Wilcoxon-signed level test for  $n = 6$ ,  $\alpha = 0.05$  according to the criteria for acceptance and rejection of the hypothesis, the hypothesis is accepted if  $J_{count} > J_{(table)}$  where  $6 > 4$ , from this calculation it can be seen that the treatment in the group experiment means that the hypothesis is accepted. This shows that there is an effectiveness of group counseling on self-management techniques in managing the academic stress of class XI IPA students at SMA Negeri 18 Medan in the 2021/2022 academic year.

**Keywords : Self Management Technique Group Counseling, Academic Stress**

## ABSTRAK

**KHAIRIYAH HASANA LUBIS. NIM : 1183351029. Efektivitas Layanan Konseling Kelompok Dengan Teknik *Self Management* Dalam Pengelolaan Stres Akademik Peserta Didik Kelas XI IPA SMA Negeri 18 Medan. Skripsi. Program Studi Bimbingan dan Konseling. Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2022.**

Penelitian ini bertujuan untuk mengetahui efektivitas layanan konseling kelompok teknik *self management* dalam pengelolaan stres akademik peserta didik kelas XI IPA SMA Negeri 18 Medan Tahun Ajaran 2021/2022. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif. Jenis penelitian ini adalah *quasi experiment* dengan pembentukan *true experimental design*. Subjek dalam penelitian ini adalah 8 orang siswa kelas XI IPA yang memiliki skor stres akademik tinggi. Data penelitian dikumpulkan dengan angket stres akademik siswa yang berjumlah 29 item pernyataan yang telah valid dan sangat reliabel. Angket diberikan sebelum dan sesudah pelaksanaan layanan konseling kelompok teknik *self management*. Data dianalisis menggunakan uji *wilcoxon* untuk melihat apakah ada efektivitas signifikan pemberian konseling kelompok teknik *self management* terhadap pengelolaan stres akademik siswa. Hal ini dapat diperoleh hasil perhitungan dengan skor tes awal (*pre-test*) pada kelompok eksperimen diperoleh rata-rata = 96,875 sedangkan skor tes akhir (*post-test*) pada kelompok eksperimen diperoleh rata-rata = 45,375. Hal ini dapat diperoleh dari uji *wilcoxon* yang menunjukkan bahwa uji jenjang *wilcoxon* diperoleh  $J_{hitung} = 6$  sedangkan  $J_{tabel} = 4$ . Dari tabel nilai kritis J untuk uji jenjang bertanda *wilcoxon* untuk  $n = 6$ ,  $\alpha = 0,05$  sesuai dengan kriteria penerimaan dan penolakan hipotesis, hipotesis diterima jika  $J_{hitung} > J_{tabel}$  dimana  $6 > 4$ , dari perhitungan ini dapat dilihat perlakuan pada kelompok eksperimen artinya hipotesis diterima. Hal ini menunjukkan ada efektivitas konseling kelompok teknik *self management* dalam pengelolaan stres akademik peserta didik kelas XI IPA SMA Negeri 18 Medan tahun ajaran 2021/2022.

**Kata Kunci : Konseling Kelompok Teknik *Self Management*, Stres Akademik**