

## ABSTRAK

**SONYA DORA ELISABET BR LIMBONG, NIM: 1172151020, The Influence of Individual Counseling Services with Rational Emotive Behavior Therapy (REBT) Approaches on the Psychological Well Being of Students Victims of Broken Home Families at SMA Negeri 6 Medan, Academic Year 2020/2021. Thesis Department of Educational Psychology and Guidance, Faculty of Education. Medan State University. 2022.**

This study aims to determine the effect of individual counseling services with a rational emotive behavior therapy (REBT) approach on the psychological well being of students who are victims of broken homes at SMA Negeri 6 Medan in the 2020/2021 academic year. This type of research is a quasi-experimental with a pre-test-post-test one group design. The subjects in this study were 4 broken home students with low levels of psychological well being. The instrument used is a psychological well being questionnaire for broken home students. Instruments are given before and after the implementation of individual counseling services. Of the 70 questionnaire items that were tested on 50 students from class XI, 62 items were valid and 8 were invalid. The data were analyzed using the Wilcoxon test to see whether there was an effect of individual counseling services with the rational emotive behavior therapy (REBT) approach on the psychological well being of students who were victims of broken homes. The results of the analysis showed that the results of the initial test scores (pre-test) in the experimental group obtained an average of = 106 while the post-test data obtained an average of = 198.25 This can be obtained from the Wilcoxon test which shows that the Wilcoxon level test is obtained  $J_{\text{count}} = 4$  while  $J_{\text{table}} = 0$ . From the table of critical values  $J$  for the Wilcoxon-signed level test for  $n = 4$ , = 0.05 according to the criteria with acceptance and rejection of the hypothesis, the hypothesis is accepted if  $J_{\text{count}} > J_{\text{table}}$  i.e.  $J_{\text{count}} > J_{\text{table}}$  where  $4 > 0$ , from this calculation it can be seen The treatment in the experimental group means that the hypothesis which reads that there is an influence of individual counseling services with the rational emotive behavior therapy (REBT) approach on the psychological well being of students who are victims of broken homes at SMA Negeri 6 Medan in the 2020/2021 academic year is acceptable.

**Keywords : Individual Counseling; Rational Emotive Behavior Approach Therapy (REBT); psychological well being students broken home**

## ABSTRAK

**SONYA DORA ELISABET BR LIMBONG, NIM: 1172151020, Pengaruh Layanan Konseling Individual Pendekatan *Rational Emotive Behavior Therapy* Terhadap *psychological Well Being* Siswa Korban Keluarga *Broken Home* Di SMA Negeri 6 Medan Tahun Ajaran 2020/2021. Skripsi Jurusan Psikologi Pendidikan dan Bimbingan, Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2022.**

Penelitian ini bertujuan untuk mengetahui pengaruh layanan konseling individual pendekatan *rational emotive behavior therapy* (REBT) terhadap *psychological well being* siswa korban keluarga *broken home* di SMA Negeri 6 Medan Tahun Ajaran 2020/2021. Jenis penelitian ini adalah *Quasi experimental* dengan desain *Pre test-post test one group design*. Subjek dalam penelitian ini adalah 4 orang siswa *broken home* yang tingkat *psychological well being*nya rendah. Instrumen yang digunakan adalah angket *psychological well being* siswa *broken home*. Instrumen diberikan sebelum dan sesudah pelaksanaan layanan konseling individual. Dari 70 item angket yang diuji cobakan kepada 50 siswa dari kelas XI diperoleh 62 item angket yang valid dan 8 yang tidak valid. Data dianalisis menggunakan uji *Wilcoxon* untuk melihat adakah pengaruh layanan konseling individual pendekatan *rational emotive behavior therapy* (REBT) terhadap *psychological well being* siswa korban keluarga *broken home*. Hasil analisis diperoleh bahwa hasil skor tes awal (*pre-test*) pada kelompok eksperimen diperoleh rata-rata = 106 sedangkan data *post-test* diperoleh rata-rata = 198,25 Hal ini dapat diperoleh dari uji *Wilcoxon* yang menunjukkan bahwa uji jenjang *Wilcoxon* diperoleh  $J_{hitung} = 4$  sedangkan  $J_{tabel} = 0$ . Dari tabel nilai kritis  $J$  untuk uji jenjang bertanda *Wilcoxon* untuk  $n = 4$ ,  $\alpha = 0,05$  sesuai dengan kriteria dengan penerimaan dan penolakan hipotesis, hipotesis diterima jika  $J_{hitung} > J_{tabel}$  yaitu  $J_{hitung} > J_{tabel}$  di mana  $4 > 0$ , dari perhitungan ini dapat dilihat perlakuan pada kelompok eksperimen artinya hipotesis yang berbunyi ada pengaruh layanan konseling individual pendekatan *rational emotive behavior therapy* (REBT) terhadap *psychological well being* siswa korban keluarga *broken home* di SMA Negeri 6 Medan Tahun Ajaran 2020/2021 dapat diterima.

**Kata kunci : Konseling Individual; Pendekatan *Rational Emotive Behavior Therapy* (REBT); *psychological well being* siswa *broken home***