

ABSTRACT

Indana Zuliyati Z. NIM : 1183351001. The Effect of Assertive Training Technique Group Counseling Services on Self Efficacy of Class XI MIA 4 MAN 1 Medan T.A 2021/2022 Students. Thesis. Guidance and Counseling Study Program. Faculty of Education, State University of Medan. 2022.

This study aims to determine the effect of group counseling services with assertive training techniques on student self-efficacy at MAN 1 Medan T.A 2021/2022. This type of research is included in the type of quantitative research with a quasi-experimental method of one group pre-test and post-test design. The instrument in carrying out this research used a questionnaire (questionnaire) with 4 categories, namely Very Appropriate (SS), Appropriate (S), TS (Not Appropriate), and Very Unsuitable (STS). The subjects in this study were 8 students of class XI MIA 4 with a low self-efficacy category level of 6 people, 1 person in the medium category and 1 person in the high category. The results of the validity test using product moment calculations with $\text{sig} = 0.05$, and the number of respondents is 30 students, obtained from 50 statement items there are 40 valid statement items and can be used for research data retrieval provided that $r_{\text{count}} > r_{\text{table}}$. Reliability results are obtained by showing the Cronbach's Alpha value of 0.90 with a significance of 5% the instrument has been declared very reliable and can be used in retrieval of research data. Obtaining data analysis in this study using the Wilcoxon test with the obtained value of $J_{\text{count}} > J_{\text{table}}$ where $36 > 4$ then the hypothesis in this study is accepted. Then it can be seen from the results of the calculation of the average pre-test score obtained by 115.6 and the average post-test score of 137.7 which increased student self-efficacy by 16%. Thus, it can be concluded that there is an influence of the Assertive Training Technique Group Counseling Service on the Self Efficacy of Class XI MIA 4 Students MAN 1 Medan T.A 2021/2022.

Keywords: Group Counseling, Assertive Training, Self Efficacy, Students

ABSTRAK

Indana Zuliyati Z. NIM : 1183351001. Pengaruh Layanan Konseling Kelompok Teknik *Assertive Training* Terhadap *Self Efficacy* Siswa Kelas XI MIA 4 MAN 1 Medan T.A 2021/2022. Skripsi. Program Studi Bimbingan Dan Konseling. Fakultas Ilmu Pendidikan, Universitas Negeri Medan. 2022.

Penelitian ini bertujuan untuk mengetahui pengaruh layanan konseling kelompok teknik *assertive training* terhadap *self efficacy* siswa di MAN 1 Medan T.A 2021/2022. Jenis penelitian ini termasuk kedalam jenis penelitian kuantitatif dengan metode eksperimen semu *one group pre-test* dan *post-test design*. Instrumen dalam pelaksanaan penelitian ini menggunakan kusioner (angket) dengan 4 katagori yaitu Sangat Sesuai (SS), Sesuai (S), TS (Tidak Sesuai), dan Sangat Tidak Sesuai (STS). Subjek dalam penelitian ini adalah 8 orang siswa kelas XI MIA 4 dengan memiliki tingkat kategori *self efficacy* rendah sebanyak 6 orang, kategori sedang 1 orang dan tinggi sebanyak 1 orang. Hasil uji validitas menggunakan perhitungan *product moment* dengan $\text{sig} = 0,05$, dan jumlah responden 30 siswa, diperoleh dari 50 item pernyataan terdapat 40 item pernyataan valid dan dapat digunakan untuk pengambilan data penelitian dengan ketentuan $r_{hitung} > r_{tabel}$. Hasil reabilitas diperoleh dengan menunjukkan nilai *Croncbach's Alpha* sebesar 0,90 dengan signifikasi sebesar 5% instrumen tersebut telah dinyatakan sangat reliabel dan dapat digunakan dalam pengambilan data penelitian. Perolehan analisis data dalam penelitian ini menggunakan uji Wilcoxon dengan diperoleh nilai $J_{hitung} > J_{tabel}$ dimana $36 > 4$ maka hipotesis dalam penelitian ini diterima. Kemudian dapat dilihat dari hasil perhitungan rata-rata *pre-test* diperoleh skor 115,6 dan skor rata-rata *post-test* sebesar 137,7 yang mana terjadi peningkatan *self efficacy* siswa sebesar 16%. Dengan demikian dapat disimpulkan bahwa Ada Pengaruh layanan Konseling Kelompok Teknik *Assertive Training* Terhadap *Self Efficacy* Siswa Kelas XI MIA 4 MAN 1 Medan T.A 2021/2022.

Kata Kunci : Konseling Kelompok, *Assertive Training*, *Self Efficacy*, Siswa