

ABSTRAK

AGITA BR SINURAT. Pengaruh Layanan Konseling Kelompok dengan Pendekatan *Rational Emotive Behavior Therapy* (REBT) terhadap *Self-Esteem* Siswa Kelas XI SMA Negeri 1 Kabanjahe Tahun Ajaran 2023/2024. Skripsi. Medan: Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2024

Penelitian ini bertujuan untuk mengetahui pengaruh konseling kelompok dengan pendekatan *Rational Emotive Behavior Therapy* (REBT) terhadap *self-esteem* siswa kelas XI SMA Negeri 1 Kabanjahe. Metode yang digunakan pada penelitian ini adalah metode kuantitatif. Jenis penelitian ini adalah *pre-eksperimen* dengan desain *one group pretest-posttest design*. Subjek dalam penelitian ini adalah 8 orang siswa kelas XI SMA Negeri 1 Kabanjahe yang memiliki *self-esteem* yang rendah. Data penelitian ini dikumpulkan dengan menggunakan instrumen *self-esteem* yang berjumlah 31 butir item pernyataan yang valid dan reliabel. Instrumen diberikan sebelum dan sesudah diberikan layanan konseling kelompok dengan pendekatan *Rational Emotive Behavior Therapy* (REBT). Data dianalisis dengan menggunakan uji *wilcoxon* untuk melihat apakah ada pengaruh yang signifikan layanan konseling kelompok dengan pendekatan *Rational Emotive Behavior Therapy* (REBT) terhadap *self-esteem* siswa. Data hasil perhitungan skor rata-rata *pre-test* pada kelompok eksperimen sebesar 57,75 sedangkan skor rata-rata *post-test* diperoleh sebesar 97,37. Hasil uji jenjang *wilcoxon* diperoleh $J_{hitung} = 12$ sedangkan $J_{tabel} = 4$. Dari tabel nilai kritis J untuk uji jenjang bertanda *wilcoxon* untuk $N = 8$, $\alpha = 0,05$ sesuai dengan kriteria penerimaan dan penolakan hipotesis, hipotesis diterima apabila $J_{hitung} > J_{tabel}$ dimana $12 > 4$, yang artinya hipotesis dapat diterima. Hal ini menunjukkan bahwa ada pengaruh layanan konseling kelompok dengan pendekatan *Rational Emotive Behavior Therapy* (REBT) terhadap *self-esteem* siswa kelas XI SMA Negeri 1 Kabanjahe Tahun Ajaran 2023/2024.

Kata Kunci : Konseling Kelompok, *Rational Emotive Behavior Therapy* (REBT), *Self-Esteem*

ABSTRACT

AGITA BR SINURAT. The Effect of Group Counseling Services with the Rational Emotive Behavior Therapy (REBT) Approach on the Self-Esteem of Class XI Students of SMA Negeri 1 Kabanjahe T.A 2023/2024. Skripsi. Medan: Faculty of Education. Universitas Negeri Medan. 2024.

This research aims to determine the effect of group counseling using the Rational Emotive Behavior Therapy (REBT) approach on the self-esteem of class XI students at SMA Negeri 1 Kabanjahe. The method used in this research is a quantitative method. This type of research is a pre-experiment with a one group pretest-posttest design. The subjects in this research were 8 class XI students of SMA Negeri 1 Kabanjahe who had low self-esteem. This research data was collected using a self-esteem instrument consisting of 31 valid and reliable statement items. Instruments were given before and after providing group counseling services using the Rational Emotive Behavior Therapy (REBT) approach. Data were analyzed using the Wilcoxon test to see whether there was a significant effect of group counseling services using the Rational Emotive Behavior Therapy (REBT) approach on students' self-esteem. Data from the calculation of the average pre-test score in the experimental group was 57,75, while the average post-test score was 97.375. The results of the Wilcoxon signed ladder test were obtained $J_{\text{count}} = 12$ while $J_{\text{table}} = 4$. From the table of critical values J for the Wilcoxon signed ladder test for $N = 8$, $\alpha = 0.05$ in accordance with the criteria for acceptance and rejection of the hypothesis, the hypothesis is accepted if $J_{\text{count}} > J_{\text{table}}$ where $12 > 4$, which means the hypothesis can be accepted. This shows that there is an influence of group counseling services using the Rational Emotive Behavior Therapy (REBT) approach on the self-esteem of class XI students at SMA Negeri 1 Kabanjahe for the 2023/2024 Academic Year.

Keywords : Group Counseling, Rational Emotive Behavior Therapy (REBT), Self-Esteem