

ABSTRAK

MAYRISA KHADIJAH HARRIS. Penerapan Konseling Kelompok Teknik Stress Inoculation Training Dalam Mengatasi Stres Mengerjakan Skripsi Pada Mahasiswa Bimbingan Konseling Universitas Negeri Medan. Skripsi. Medan: Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2024.

Penelitian ini bertujuan untuk menerapkan konseling kelompok teknik *Stress Inoculation Training* dalam mengatasi stress mengerjakan skripsi pada mahasiswa Bimbingan Konseling Universitas Negeri Medan. Jenis penelitian ini adalah penelitian kuantitatif dengan pendekatan *Pre-Experimental Design*. Subjek pada penelitian ini adalah 8 orang mahasiswa bimbingan konseling stambuk 2019. Penelitian ini terdiri dari 4 kali pertemuan, hasil penelitian tersebut diketahui nilai rata-rata *Pre-test* dan *Post-test* keterampilan mengatasi stres mahasiswa sebesar 107,37 dan setelah diberikan layanan menurun drastis menjadi 74,25. Artinya nilai rata – rata mengatasi stres mahasiswa mengalami penurunan setelah diberikan layanan. hasil analisis data yang diperoleh dalam penelitian ini adalah bahwa nilai $J_{hitung} = 6$ dengan $\alpha = 0,05$ dan $N = 8$ maka diperoleh nilai $J_{tabel} = 4$. Berdasarkan hasil uji *Wilcoxon* diperoleh hasil bahwa $J_{hitung} > J_{tabel}$ dimana $6 > 4$, yang artinya hipotesis dalam penelitian ini diterima. Data *pre-test* (sebelum diberikan layanan) memperoleh skor rata-rata sebesar 107,375 dan skor total rata-rata *post-test* (setelah diberikan layanan) sebesar 74,25. Berdasarkan data diatas dapat disimpulkan bahwa, keterampilan mengatasi stress dari 8 orang mahasiswa bimbingan dan konseling Universitas Negeri Medan yang sedang mengerjakan skripsi sebelum dilakukan layanan konseling kelompok teknik *stress inoculation training* ditemukan tinggi, setelah diberikan layanan konseling kelompok teknik *stress inoculation training* keterampilan mengatasi stress mereka berkurang.

Kata Kunci : Konseling Kelompok, Stress Inoculation Training, Mengatasi Stres



ABSTRACT

MAYRISA KHADIJAH HARRIS. Application of Group Counseling Stress Inoculation Training Techniques in Overcoming the Stress of Working on a Thesis for Counseling Students at Medan State University. Skripsi. Medan: Faculty of Education. Universitas Negeri Medan. 2024.

This study aims to apply group counseling to the Stress Inoculation Training technique in dealing with the stress of working on a thesis on Counseling Guidance students at Medan State University. This type of research is quantitative research with a Pre-Experimental Design approach. The subjects in this research were 8 2019 Stambuk counseling students. This research consisted of 4 meetings. The results of the research showed that the average pre-test and post-test score for students' stress coping skills was 107.37 and after being provided with the service it decreased drastically. to 74.25. This means that the average value of overcoming student stress has decreased after being given service. The results of data analysis obtained in this research are that the value $J_{hitung} = 6$ with $\alpha = 0.05$ and $N = 8$, then the value obtained is $J_{tabel} = 4$. Based on the results of the Wilcoxon test, the result is that $J_{hitung} > J_{tabel}$ where $6 > 4$, which means the hypothesis in this research is accepted. The pre-test data (before the service was provided) obtained an average score of 107.375 and the total post-test average score (after the service was provided) was 74.25. Based on the data above, it can be concluded that the stress coping skills of 8 guidance and counseling students at Medan State University who were working on their thesis before being given the stress inoculation training technique group counseling service were found to be high, after being given the stress inoculation training technique group counseling service their stress coping skills were reduced. .

Keywords : Group Counseling, Stress Inoculation Training, Overcoming Stress

