ABSTRAK

MUHAMMAD LUVVI RANGKUTI. Pengaruh Konseling Individual Teknik *Self Managament* Terhadap Perilaku Agresif Siswa Kelas X MAN 2 Model Medan T.A 2023/2024. Skripsi. Medan: Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2024.

Penelitian ini bertujuan untuk mengetahui pengaruh layanan konseling individual teknik *self management* terhadap perilaku agresif siswa kelas X MAN 2 Model Medan. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif. Dengan jenis penelitian eksperimen semu dengan desain pre-test, post-test design, subjek dalam penelitian ini adalah 4 orang siswa kelas X yang memiliki perilaku agresif tinggi dengan rata-rata pre-test = 107,5 dan rata-rata post-test = 56,75. Subjek diambil dengan menggunakan teknik purposive sampling. Alat pengumpul data yang digunakan adalah kuesioner. Hasil uji Wilcoxon menunjukkan bahwa Jhitung = 10 sedangkan Jtabel = 0. Dari tabel J kritis untuk uji Wilcoxon bertanda taraf untuk n = 4, α = 0,05. Hipotesis diterima jika Jhitung > Jtabel dimana 10 > 0, dengan demikian menunjukkan ada perubahan peningkatan perilaku agresif siswa sehingga HO diterima. Jadi dapat disimpulkan bahwa ada pengaruh layanan individual teknik *self management* terhadap perilaku agresif siswa kelas X MAN 2 Model Medan T.A 2023/2024.

Kata Kunci: Perilaku Agresif, Konseling Individual, Teknik *Self Management*

ABSTRACT

MUHAMMAD LUVVI RANGKUTI. The Effect of Individual Counseling Self-Management Techniques on Aggressive Behavior of Class X Students of MAN 2 Medan Model T.A 2023/2024. Skripsi. Medan: Faculty Of Education. Universitas Negeri Medan. 2024.

This study aims to determine the effect of individual counseling services on self management techniques on aggressive behavior of class X students of MAN 2 Medan Model. The method used in this research is quantitative method. With this type of experimental research with a pre-test and post-test research design, the subjects in this study were 4 class X students who had high aggressive behavior categories. Subjects were taken using purposive sampling technique. The data collection tools used are questionnaires and interviews. Data analysis used Wilcoxon test to see changes that occur before and after treatment. The results of the Wilcoxon test show that Jcount = 10 while Jtabel = 0. from the J critical table for testing Wilcoxon marked levels for n = 4, $\alpha = 0.05$. the hypothesis is accepted if Jcount> Jtabel where 10> 0, thus indicating there is a change in the increase in student aggressive behavior so that HO is accepted. So it can be concluded that there is an effect of individual services of self management techniques on the aggressive behavior of students in class X MAN 2 Medan Model T.A 2023/2024.

Keywords: Aggressive Behavior, Individual Counseling, Self Management Techniques