

ABSTRAK

NIRMA FIANA. Pengaruh Konseling Kelompok dengan Teknik *Self Management* Terhadap Kemandirian Belajar Pada Siswa Kelas XI IPS 3 di SMA Negeri 14 Medan Tahun Ajaran 2022/2023. Skripsi. Medan: Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2024.

Tujuan Penelitian adalah untuk mengetahui pengaruh konseling kelompok dengan teknik *self management* terhadap kemandirian belajar siswa kelas XI IPS 3 di SMA Negeri 14 Medan Tahun Ajaran 2022/2023. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif. Jenis penelitian ini *eksperimen semu* dengan *pre-test* dan *post-test design*. Subjek dalam penelitian ini adalah 8 orang siswa kelas XI IPS 3 memiliki skor kemandirian belajar yang rendah. Data penelitian ini dikumpulkan dengan instrumen kemandirian belajar berjumlah 40 item pernyataan yang telah valid dan reliabel. Instrumen diberikan sebelum dan sesudah pelaksanaan layanan konseling kelompok dengan teknik *self management*. Data dianalisis menggunakan uji *wilcoxon* untuk melihat apakah ada pengaruh signifikan pemberian layanan konseling kelompok dengan teknik *self management* terhadap kemandirian belajar. Data hasil perhitungan skor *pre-test* diperoleh rata-rata = 73,75 sedangkan skor *post-test* 137. Maka hasil uji jennang *wilcoxon* diperoleh $j_{hitung} = 17$ sedangkan $j_{tabel} = 4$. Maka hasil uji jennang *wilcoxon* diperoleh $j_{hitung} = 17$ sedangkan $j_{tabel} = 4$. Dari tabel nilai kritis j untuk uji jennang bertanda *wilcoxon* untuk $n = 8$, $\alpha = 0,05$ sesuai dengan kriteria penerimaan dan penolakan hipotesis, hipotesis diterima jika $j_{hitung} > j_{tabel}$ dimana $17 > 4$, artinya hipotesis diterima. Hal ini menunjukkan ada pengaruh layanan konseling kelompok dengan teknik *self management* terhadap kemandirian belajar Pada Siswa Kelas XI IPS 3 SMA Negeri 14 Medan Tahun Ajaran 2022/2023.

Kata Kunci : Layanan Konseling Kelompok , Teknik *Self Management* , Kemandirian Belajar.

ABSTRACT

NIRMA FIANA. The Effect of Group Counseling with Self Management Techniques on Learning Independence in Class XI IPS 3 Students at SMA Negeri 14 Medan T.A 2022/2023 . Skripsi. Medan: Faculty of Education. Medan State University. 2024.

The aim of the research is to determine the effect of group counseling using self-management techniques on the learning independence of class XI IPS 3 students at SMA Negeri 14 Medan for the 2022/2023 academic year. The method used in this research is a quantitative method. This type of research is quasi-experimental with pre-test and post-test design. The subject in this study was 8 students in class XI IPS 3 who had low learning independence scores. This research data was collected using a learning independence instrument consisting of 40 statement items which were valid and reliable. The instruments were given before and after the implementation of group counseling services using self-management techniques. Data were analyzed using the Wilcoxon test to see whether there was a significant effect of providing group counseling services using self-management techniques on learning independence. Data from the calculation of pre-test scores obtained an average of 73.75 while the post-test score was 137. So the results of the Wilcoxon level test are obtained by $j_{count} = 17$ while $j_{table} = 4$. So the results of the Wilcoxon level test are obtained by $j_{count} = 17$ while $j_{table} = 4$. From the table of critical values j for the Wilcoxon signed level test for $n = 8$, $\alpha = 0.05$ in accordance with the criteria for acceptance and rejection of the hypothesis, the hypothesis is accepted if $j_{count} > j_{table}$ where $17 > 4$, meaning the hypothesis is accepted. This shows that there is an influence of group counseling services with self-management techniques on learning independence in Class XI IPS 3 Students at SMA Negeri 14 Medan in the 2022/2023 Academic Year

Keywords : Group Counseling Services, Self Management Techniques, Learning Independence