

## ABSTRAK

**CHINDI DAMERIA SILITONGA. Efektivitas Konseling Individual Dengan Terhadap Impostor Syndrome Pada Mahasiswa Baru Prodi Bimbingan dan Konseling Universitas Negeri Medan. Skripsi. Medan : Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2023.**

Penelitian ini bertujuan untuk mengetahui efektifitas layanan konseling individual dengan terapi realitas terhadap *Impostor Syndrome* mahasiswa baru Prodi Bimbingan Dan Konseling Universitas Negeri Medan. Penelitian ini dilaksanakan sejak bulan Mei s/d Juli 2023. Penelitian ini merupakan penelitian kuantitatif dengan *quasi experimental* dan rancangan jenis *pre test - post test group design*. Subjek dalam penelitian ini adalah mahasiswa baru angkatan 2022 Prodi Bimbingan dan Konseling Universitas Negeri Medan sejumlah 3 orang. Subjek diambil dengan menggunakan teknik *purposive sampling* dengan karakteristik mahasiswa yang memiliki tingkat *Impostor Syndrome* yang tinggi dan didapat dari hasil analisis angket. Data penelitian dikumpulkan dengan menggunakan angket *Impostor Syndrome* dengan jumlah 30 item pertanyaan yang telah valid dan reliabel. Data dianalisis menggunakan uji Wilcoxon. Dari analisis data diperoleh  $J_{hitung} = 3$  dengan  $\alpha = 0,05$ , adapun  $J_{tabel} = 0$ . Dari data tersebut terlihat bahwa  $J_{hitung} > J_{tabel}$  dimana  $3 > 0$ . Artinya hipotesis diterima. Data *pre-test* diperoleh rata-rata 99,66, sedangkan data *post-test* setelah diberikan layanan konseling individual terapi realitas diperoleh rata-rata sebesar 49,33 dan perubahan interval *Impostor Syndrome* setelah diberi layanan konseling individual terapi realitas sebesar 50%. Artinya skor rata-rata mahasiswa yang memiliki tingkat *Impostor Syndrome* tinggi sebelum diberi layanan konseling individual terapi realitas kemudian setelah mendapat layanan konseling individual terapi realitas tingkat *Impostor Syndrome* mahasiswa baru mengalami penurunan. Hal ini menunjukkan ada pengaruh layanan konseling individual terapi realitas terhadap *Impostor Syndrome* mahasiswa baru prodi Bimbingan dan Konseling Universitas Negeri Medan atau hipotesis dapat diterima.

**Kata Kunci : Konseling Individual, Terapi Realitas, *Impostor Syndrome***

## ABSTRACT

**CHINDI DAMERIA SILITONGA. The Effectiveness of Individual Counseling Against Impostor Syndrome for New Students of Guidance and Counseling Study Program State University of Medan. Skripsi. Medan : Faculty of Education. State University of Medan. 2023.**

This study aims to determine the effectiveness of individual counseling services with reality therapy for Impostor Syndrome for new students of the Guidance and Counseling Study Program, Medan State University. This research was conducted from May to July 2023. This research is a quantitative study with a quasi-experimental design with a pre-test - post-test group design. The subjects in this study were 3 new students batch 2022 of the Guidance and Counseling Study Program, Medan State University. Subjects were taken using a purposive sampling technique with the characteristics of students who have a high level of Impostor Syndrome and were obtained from the results of the questionnaire analysis. Research data was collected using the Impostor Syndrome questionnaire with a total of 30 valid and reliable question items. Data were analyzed using the Wilcoxon test. From the data analysis, it is obtained that  $J_{count} = 3$  with  $\alpha = 0.05$ , while  $J_{table} = 0$ . From these data it can be seen that  $J_{count} > J_{table}$  where  $3 > 0$ . This means that the hypothesis is accepted. The pre-test data obtained an average of 99.66, while the post-test data after being given individual reality therapy counseling services obtained an average of 49.33 and the change in Impostor Syndrome interval after being given reality therapy individual counseling services was 50%. This means that the average score of students who have a high level of Impostor Syndrome before being given individual counseling services for reality therapy then after receiving individual counseling services for reality therapy the level of Impostor Syndrome for new students has decreased. This shows that there is an effect of individual counseling services on reality therapy on Impostor Syndrome for new students of Guidance and Counseling Study Program, Medan State University or the hypothesis is acceptable.

**Keywords: Individual Counseling, Reality Therapy, Impostor Syndrome**