ABSTRAK

MANITI SIHOTANG. Pengaruh Konseling Kelompok Teknik *Self-Control* Terhadap Perilaku Merokok Siswa Kelas X TKR SMK Negeri 1 Pakkat Tahun Ajaran 2022/2023. Skripsi : Medan. Fakultas Ilmu Pendidikan, Universitas Negeri Medan. 2024.

Penelitian ini dilaksanakan dengan tujuan untuk mengetahui pengaruh konseling kelompok teknik *self-control* terhadap perilaku merokok siswa kelas X TKR di SMK Negeri 1 Pakkat, T.A2022/2023. Subjek penelitian ini berjumlah 10 orang siswa kelas X TKR 1 SMK Negeri 1 Pakkat yang memiliki skor perilaku merokok yang tinggi dan sedang. Jenis penelitian pada penelitian ini adalah kuantitatif dengan menggunakan eksperimen semu dengan *pretest-postest group design*. Data penelitian dikumpulkan dengan angket valid dan reliable. Angket diberikan sebelum dan sesudah pelaksanaan bimbingan kelompok. Data skor rata-rata *pre-test* 91,60 dan skor rata-rata *post-test* 59,80 maka selisih skor rata-rata 31,80 artinya rata-rata skor perilaku merokok siswa lebih tinggi sebelum mendapatkan layanan konseling kelompok teknik *self-control*, dan setelah diberikan layanan konseling kelompok teknik *self-control* maka perilaku merokok pada siswa menjadi menurun 34,71%. Data dianalisis menggunakan uji *wilcoxon* untuk melihat apakah ada perubahan positif dan signifikan pemberian layanan konseling kelompok teknik *self-control*. Berdasarkan hasil perhitungan uji wilcoxon jumlah jenjang bertanda positif = 40 dan jumlah jenjang bertanda negatif = 15. Jadi, nilai J = 40 yaitu jumlah jenjang yang lebih besar. Dari tabel nilai kritis J untuk uji jenjang bertanda *wilcoxon* dengan n = 10, α = 0,05, maka diperoleh J_{tabel} = 8. Berdasarkan hasil uji *wilcoxon* diperoleh hasil bahwa $J_{hitung} > J_{Tabel}$ dimana 40 > 8. Artinya bahwa ada pengaruh layanan konseling kelompok teknik *self-control* terhadap perilaku merokok siswa kelas X TKR SMK Negeri 1 Pakkat Tahun 2022/2023.

Kata Kunci: Konseling Kelompok Teknik Self-Control, Perilaku Merokok

ABSTRACK

MANITI SIHOTANG. The Effect of Group Counseling Self-Control Techniques on Smoking Behavior of Grade X students of TKR SMK Negeri 1 Pakkat for T.A 2022/2023. Skripsi: Medan. Faculty of Education, Universitas Negeri Medan. 2024.

This study was conducted with the aim of determining the effect of group counseling self-control techniques on the smoking behavior of grade X TKR students at SMK Negeri 1 Pakkat, for the Academic Year 2022/2023. The subjects of this study amounted to 10 students of grade X TKR 1 SMK Negeri 1 Pakkat who had high and medium smoking behavior scores. The type of research in this study is quantitative using pseudo-experiments with pretest-postest group design. The research data was collected with valid and reliable questionnaires. Questionnaires were given before and after the implementation of group guidance. The average pre-test score data was 91.60 and the average post-test score was 59.80, so the difference in the average score of 31.80 means that the average smoking behavior score of students was higher before getting self-control technique group counseling services, and after being given self-control technique group counseling services, smoking behavior in students decreased by 34.71%. Data were analyzed using the Wilcoxon test to see if there were any positive and significant changes in self-control group counseling service delivery. Based on the calculation results of the Wilcoxon test, the number of levels marked positive = 40 and the number of levels marked negative = 15. So, the value of J = 40 is a larger number of levels. From the table of critical values J for the level test marked Wilcoxon with n = 10, = α 0.05, then obtained Jtabel = 8. Based on the results of the Wilcoxon test, it was obtained that Jcalculate > JTabel where 40 > 8. This means that there is an effect of self-control technique group counseling serviceson the smoking behavior of grade X students of TKR SMK Negeri 1 Pakkat for the Academic Year 2022/2023.

Keywords: Group Counseling on Self-Control Techniques, Smoking Behavior