

ABSTRAK

RHEY BONARDO GULTOM. Pengaruh Bimbingan Kelompok Teknik *Self-Management* Terhadap Perilaku Hedonisme Siswa Kelas VIII SMP Negeri 5 Pematangsiantar. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan. 2024.

Penelitian ini bertujuan untuk mengetahui pengaruh pemberian bimbingan kelompok teknik *self-management* terhadap perilaku hedonisme siswa kelas VIII-5 SMP Negeri 5 Pematangsiantar. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif. Jenis penelitian ini adalah quasi eksperimen dengan desain pre-test and post-test, time series. Sampel dalam penelitian ini berjumlah 8 siswa kelas VIII-5 yang memiliki skor tinggi, sedang, dan rendah. Data penelitian ini dikumpulkan dengan instrumen perilaku hedonisme siswa yang berjumlah 31 pernyataan yang telah tervalidasi dan reliabel. Instrumen diberikan sebelum dan sesudah dilakukan bimbingan kelompok dengan teknik *self-management*. Data dianalisis dengan menggunakan uji Wilcoxon. Data hasil perhitungan rata-rata skor pre-test sebesar 38,625 dan rata-rata skor post-test sebesar 36,375. Kemudian hasil uji taraf Wilcoxon diperoleh $J_{hitung} = 6$ sedangkan $J_{tabel} = 4$. Kemudian hasil uji taraf bertanda Wilcoxon untuk $n = 8$, $\alpha = 0,05$ sesuai dengan kriteria penerimaan dan penolakan hipotesis, hipotesis diterima jika $J_{hitung} > J_{tabel}$ dimana $6 \geq 4$, artinya hipotesis diterima. Hal ini menunjukkan bahwa terdapat pengaruh teknik *self-management* group orientation terhadap perilaku hedonisme pada siswa kelas VIII-5 SMP Negeri 5 Pematangsiantar.

Kata Kunci : Bimbingan Kelompok, Teknik *Self-Management*, Perilaku Hedonisme

ABSTRACT

RHEY BONARDO GULTOM. The Effects of Self-Management Techniques of Group Guidance on Hedonistic Behavior of Grade VIII Students of SMP Negeri 5 Pematangsiantar. Skripsi. Medan: Faculty Of Education, Universitas Negeri Medan. 2024.

This study aims to determine the effect of providing self-management technique group guidance on the hedonistic behavior of class VIII-5 students of SMP Negeri 5 Pematangsiantar. The method used in this study is a quantitative method. This type of research is a quasi-experimental study with a pre-test and post-test, time series design. The sample in this study was 8 class VIII-5 students who had high, medium, and low scores. The research data were collected using a student hedonistic behavior instrument consisting of 31 validated and reliable statements. The instrument was given before and after group guidance with self-management techniques. Data were analyzed using the Wilcoxon test. The data from the calculation of the average pre-test score was 38.625 and the average post-test score was 36.375. Then the results of the Wilcoxon level test obtained $J_{count} = 6$ while $J_{table} = 4$. Then the results of the Wilcoxon signed level test for $n = 8$, $\alpha = 0.05$ according to the criteria for acceptance and rejection of the hypothesis, the hypothesis is accepted if $J_{count} > J_{table}$ where $6 \geq 4$, meaning the hypothesis is accepted. This shows that there is an influence of the self-management group orientation technique on hedonistic behavior in class VIII-5 students of SMP Negeri 5 Pematangsiantar.

Keywords: Group Guidance, Self-Management Techniques, Hedonistic Behavior

