

ABSTRAK

MUNA CAHYA INDAH LESTARI.. Pengaruh Layanan Konseling Kelompok Teknik *Assertive Training* Terhadap Sikap Apatitis Siswa Kelas X IPA 5 SMA Negeri 7 Medan T.A 2023/2024. Skripsi. Medan : Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2025.

Tujuan penelitian ini untuk mengetahui Pengaruh Layanan Konseling Kelompok Teknik *Assertive Training* Terhadap Sikap Apatitis Siswa. Penelitian ini merupakan jenis penelitian kuantitatif dengan pendekatan eksperimen semu. Penelitian ini dilaksanakan di SMA Negeri 7 Medan yang berlokasi di Jl. Timor No 36, Gaharu, Kecamatan Medan Timur, Kota Medan, Sumatera Utara. Kode pos: 20235 Penelitian ini dilaksanakan pada semester genap tahun ajaran 2022/2023 pada waktu penelitian yang dimulai dari bulan Maret sampai dengan bulan Mei 2023. Instrumen penelitian menggunakan kuesioner dengan skala likert. Teknik analisis data penelitian ini menggunakan rumus uji t. sampel dalam penelitian ini diambil dengan cara purposive sampling dan yang menjadi sampel penelitian adalah siswa kelas X IPA 5 dengan jumlah 10 orang. Berdasarkan hasil penelitian maka dapat disimpulkan bahwa Test Statistics diketahui Asymp. Sig. (2-tailed) bernilai 0.005. Karena nilai $0.005 < 0.05$ maka dapat disimpulkan bahwa H_a diterima. Terdapat perbedaan antara pretest dan post test. Maka dapat disimpulkan “Ada Pengaruh Layanan Konseling Kelompok Teknik *Assertive Training* Terhadap Sikap Apatitis Siswa Kelas X IPA 5 SMA Negeri 7 Medan”.

Kata Kunci : Konseling Kelompok, *Assertive Training*, Sikap Apatitis.

ABSTRACT

MUNA CAHYA INDAH LESTARI. The Influence of Group Counseling Services Using Assertive Training Techniques on the Apathetic Attitude of Class X IPA 5 Students of SMA Negeri 7 Medan. Skripsi. Medan: Faculty of Education. Universitas Negeri Medan. 2025.

The aim of this research is to find out group counseling services assertive training techniques against student apathy. This research is a type of quantitative research with a quasi eksperimental approach. This research was conducted at SMA Negeri 7 Medan, located on Jl. Timor No 36, Gaharu, East Medan District, Medan City, North Sumatera. Postal code: 20235 this research was carried out in the even semester of the 2022/2023 school year when the research started from April to Juni 2023. The research instrument used a questionnaire with a likert scale. The data analysis technique of this research uses the test formula. The sample in this study was taken by means of purposive sampling and the samples were students of class X IPA-5 with a total of 10 people. Based on the results of the study, it can be concluded that test statistics is known as asymp. Sig (2-tailed) is 0.005. because the value is $0.005 < 0.05$, it can be concluded that H_a is accepted. There is a difference between pretest and posttest. So it can be concluded "There is an Influence of Assertive Training Technique Group Counseling Services on the Apathy of Class X IPA-5 Students of SMA Negeri 7 Medan".

Keywords : Groups Counseling, Assertive Training, Apathy.



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