

## ABSTRAK

**CHRISTIN ROLLY GULTOM. Pengaruh Layanan Konseling Kelompok Dengan Pendekatan *Cognitive Behavioral Therapy* Menggunakan Teknik *Social Skill Training* Terhadap Kecemasan Sosial Siswa Kelas XI Di SMA Negeri 2 Medan Skripsi Medan: Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2026**

Penelitian ini bertujuan untuk mengetahui pengaruh layanan konseling kelompok dengan pendekatan *Cognitive Behavioral Therapy* (CBT) menggunakan teknik *Social Skill Training* (SST) terhadap penurunan kecemasan sosial siswa kelas XI SMA Negeri 2 Medan. Penelitian ini menggunakan metode kuantitatif dengan desain *One-Group Pretest-Posttest*. Sampel dipilih secara *purposive sampling*, terdiri dari siswa yang menunjukkan tingkat kecemasan sosial sedang hingga tinggi berdasarkan hasil pretest. Intervensi terdiri dari empat sesi konseling, meliputi pemahaman kecemasan sosial, identifikasi pikiran negatif, praktik keterampilan sosial melalui bermain peran, dan evaluasi perubahan perilaku adaptif. Temuan menunjukkan penurunan kecemasan sosial siswa yang signifikan setelah intervensi. Rata-rata skor kecemasan sosial menurun dari 144,08 (kategori tinggi) pada pretest menjadi 86,25 (kategori rendah) pada posttest. Uji *Wilcoxon Signed Rank* menunjukkan  $Asymp. Sig. (2-tailed) = 0,003 < 0,05$ , yang mengarah pada penerimaan hipotesis alternatif. Hal ini menegaskan bahwa layanan konseling kelompok menggunakan pendekatan CBT secara signifikan mengurangi kecemasan sosial di kalangan siswa. Simpulannya, konseling kelompok berbasis CBT dengan teknik *Social Skill Training* terbukti menjadi metode yang efektif untuk membantu siswa mengurangi kecemasan sosial.

**Kata Kunci:** *Cognitive Behavioral Therapy*; *Social Skill Training*; Konseling Kelompok; Kecemasan Sosial; Remaja; Intervensi Berbasis Sekolah; Desain *One-Group Pretest-Posttest*.



## ABSTRACT

**CHRISTIN ROLLY GULTOM. The Effect of Group Counseling Services with a Cognitive Behavioral Therapy Approach Using the Social Skill Training Technique on Social Anxiety among Eleventh-Grade Students at SMA Negeri 2 Medan. Undergraduate Skripsi. Medan: Faculty of Education, State University of Medan. 2026**

This study aimed to examine the effect of group counseling services using a Cognitive Behavioral Therapy (CBT) approach with the Social Skill Training (SST) technique on reducing social anxiety among eleventh-grade students at SMA Negeri 2 Medan. The study employed a quantitative method with a One-Group Pretest–Posttest design. The sample was selected through purposive sampling and consisted of students who exhibited moderate to high levels of social anxiety based on pretest results. The intervention comprised four counseling sessions, including an understanding of social anxiety, identification of negative thoughts, practice of social skills through role-playing, and evaluation of adaptive behavioral changes. The findings indicated a significant reduction in students' social anxiety following the intervention. The average social anxiety score decreased from 144.08 (high category) at the pretest to 86.25 (low category) at the posttest. The Wilcoxon Signed Rank Test showed an Asymp. Sig. (2-tailed) value of  $0.003 < 0.05$ , leading to the acceptance of the alternative hypothesis. These results confirm that group counseling services using a CBT approach significantly reduce social anxiety among students. In conclusion, CBT-based group counseling with the Social Skill Training technique is proven to be an effective method for helping students reduce social anxiety.

**Keywords: Cognitive Behavioral Therapy; Social Skill Training; Group Counseling; Social Anxiety; Adolescents; School-Based Intervention; One-Group Pretest–Posttest Design.**

