

## ABSTRAK

**PUTRI AFIYAH SALSABILA. Pengaruh Layanan Konseling Kelompok Teknik Relaksasi Terhadap Mahasiswa Semester Awal Tahun Prodi BK FIP UNIMED Tahun Ajaran 2024/2025. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan. 2026.**

Penelitian ini bertujuan untuk mengetahui pengaruh layanan konseling kelompok teknik relaksasi terhadap stres belajar mahasiswa semester awal Prodi BK FIP UNIMED tahun ajaran 2024/2025. Metode yang digunakan pada penelitian ini adalah metode kuantitatif. Jenis penelitian ini *quasi experiment* dengan desain *pre-test* dan *post-test*. Subjek penelitian berjumlah 10 orang mahasiswa BK Reguler E 2025 dengan tingkat kategori stres belajar tinggi dan sedang. Hasil penelitian didapatkan menggunakan skala stres belajar berjumlah 34 item yang telah valid dan reliabel. Pengujian data dianalisis menggunakan Uji Wilcoxon untuk melihat apakah terdapat pengaruh dari pemberian layanan konseling kelompok teknik relaksasi terhadap stres belajar mahasiswa semester awal. Data hasil perhitungan skor rata-rata *pre-test* sebesar 101,7 dan skor rata-rata *post-test* sebesar 88,6. Nilai  $J_{hitung}$  diambil dari nilai terkecil yaitu 0, maka  $J_{hitung} = 0$  dengan  $\alpha = 0,05$  dan  $N = 10$ , serta nilai  $J_{tabel} = 8$ . Berdasarkan hasil pengujian Uji Wilcoxon diketahui nilai  $J_{hitung} < J_{tabel}$  ( $0 < 8$ ). Dengan ketentuan jika  $J_{hitung} < J_{tabel}$  maka  $H_0$  ditolak dan  $H_1$  diterima dan sebaliknya. Maka dapat disimpulkan  $H_1$  diterima yaitu terdapat pengaruh layanan konseling kelompok teknik relaksasi terhadap stres belajar mahasiswa semester awal Prodi BK FIP UNIMED tahun ajaran 2024/2025.

**Kata Kunci:** Konseling Kelompok, Teknik Relaksasi, Stres Belajar Mahasiswa

## ABSTRACT

**PUTRI AFIYAH SALSABILA. The Effect of Group Counseling Services Using Relaxation Techniques on First-Semester Students of the Guidance and Counseling Study Program Faculty of Education State University of Medan In The 2024/2025. Skripsi. Medan: Faculty of Education. State University of Medan. 2026.**

This study aimed to determine the effect of group counseling services using relaxation techniques on learning stress among first-semester students of the Guidance and Counseling Study Program, Faculty of Education, State University of Medan, in the academic year 2024/2025. This research employed a quantitative method. The type of research was a quasi-experimental design with a *pre-test* and *post-test* design. The research subjects consisted of 10 students from BK Regular E 2025 who had high and moderate levels of learning stress. The research data were obtained using a learning stress scale consisting of 34 valid and reliable items. The data were analyzed using the Wilcoxon Signed-Rank Test to determine whether there was an effect of group counseling services using relaxation techniques on the learning stress of first-semester students. The results showed that the average *pre-test* score was 101.7, while the average *post-test* score was 88.6. The calculated J value ( $J_{hitung}$ ) was taken from the smallest value, which was 0; thus,  $J_{hitung} = 0$  with  $\alpha = 0.05$  and  $N = 10$ , while the critical J value ( $J_{tabel}$ ) was 8. Based on the results of the Wilcoxon test, it was found that  $J_{hitung} < J_{tabel}$  ( $0 < 8$ ). According to the decision rule, if  $J_{hitung} < J_{tabel}$ , then  $H_0$  is rejected and  $H_1$  is accepted. Therefore, it can be concluded that  $H_1$  is accepted, indicating that group counseling services using relaxation techniques have a significant effect on the learning stress of first-semester students of the Guidance and Counseling Study Program, Faculty of Education, Universitas Negeri Medan, in the academic year 2024/2025.

**Keywords:** Group Counseling, Relaxation Techniques, Student Academic Stress

