

ABSTRAK

ANANDINI NAOMI PUTRI SIREGAR. Pengaruh Layanan Konseling Individual Teknik *Client Centered* Dalam Mengatasi Kecemasan Sosial Pada Remaja Yang Mengalami *Fatherless* Di SMAN 10 Medan. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan, 2026.

Kondisi *fatherless* dapat berdampak pada perkembangan psikologis remaja, salah satunya meningkatkan kecenderungan mengalami kecemasan sosial. Remaja yang kehilangan peran ayah cenderung memiliki rasa percaya diri yang rendah, takut terhadap penilaian negatif, serta menghindari interaksi sosial. Penelitian ini bertujuan untuk mengetahui pengaruh layanan konseling individual dengan teknik *client centered* terhadap kecemasan sosial pada remaja *fatherless* di SMA Negeri 10 Medan. Penelitian ini menggunakan pendekatan kuantitatif dengan metode eksperimen semu (*pre-experimental design*) menggunakan desain *one group pre-test post-test*. Subjek penelitian berjumlah enam orang siswa yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan melalui angket kecemasan sosial yang diberikan sebelum (*pre-test*) dan sesudah (*post-test*) pelaksanaan layanan konseling individual. Analisis data dilakukan menggunakan uji Wilcoxon Signed Ranks Test. Hasil penelitian menunjukkan bahwa seluruh subjek mengalami penurunan tingkat kecemasan sosial setelah mengikuti layanan konseling individual dengan teknik *client centered*. Hasil uji Wilcoxon menunjukkan nilai $Z = -2,207$ dengan nilai *Asymp. Sig. (2-tailed) = 0,027* ($p < 0,05$), sehingga hipotesis alternatif diterima. Temuan ini menunjukkan bahwa layanan konseling individual dengan teknik *client centered* berpengaruh signifikan dalam menurunkan kecemasan sosial pada remaja *fatherless*. Oleh karena itu, layanan konseling individual dengan teknik *client centered* dapat menjadi salah satu alternatif intervensi yang efektif dalam layanan bimbingan dan konseling di sekolah.

Kata kunci: *Client Centered*, Konseling Individual, Kecemasan Sosial, *Fatherless*, Remaja

ABSTRACT

ANANDINI NAOMI PUTRI SIREGAR. The Effect of Individual Counseling Services Using the Client-Centered Technique on Overcoming Social Anxiety Among Fatherless Adolescents at SMAN 10 Medan. Skripsi. Medan: Faculty of Education, State University of Medan, 2026.

The absence of a father figure (fatherlessness) may negatively affect adolescents' psychological development, particularly by increasing social anxiety. Adolescents who grow up without an active father figure tend to experience low self-confidence, fear of negative evaluation, and avoidance of social interactions. This study aimed to determine the effect of individual counseling using the client-centered technique on social anxiety among fatherless adolescents at SMA Negeri 10 Medan. This study employed a quantitative approach with a pre-experimental method using a one-group pre-test–post-test design. The participants consisted of six students selected through purposive sampling. Data were collected using a social anxiety questionnaire administered before and after the counseling intervention. The data were analyzed using the Wilcoxon Signed Ranks Test. The findings indicated that all participants experienced a decrease in social anxiety after participating in individual counseling sessions using the client-centered technique. The Wilcoxon test yielded a Z value of -2.207 and an Asymp. Sig. (2-tailed) value of 0.027 ($p < 0.05$), indicating that the alternative hypothesis was accepted. These findings demonstrate that individual counseling using the client-centered technique has a significant effect on reducing social anxiety among fatherless adolescents. The approach enables clients to better understand and accept themselves, improve self-confidence, and develop healthier social interaction skills. Therefore, client-centered individual counseling can serve as an effective intervention in school guidance and counseling services.

Keyword: Client-Centered, Individual Counseling, Social Anxiety, Fatherlessness, Adolescents

