

ABSTRAK

INDRI YOSELA SIAGIAN. Pengaruh Konseling Kelompok Melalui Teknik *Reinforcement* Positif Untuk Mengurangi Perilaku Agresi Siswa *Broken Home* di SMP Negeri 16 Medan Tahun Ajaran 2025/2026. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan. 2026

Penelitian ini dilatarbelakangi oleh adanya perilaku agresi fisik yang ditunjukkan oleh beberapa siswa broken home di SMP Negeri 16 Medan, seperti memukul, mendorong, mencubit dan Tindakan fisik lainnya yang dapat mengganggu hubungan social maupun proses pembelajaran di sekolah. Penelitian ini bertujuan untuk mengetahui pengaruh layanan konseling kelompok terhadap perilaku agresi fisik siswa broken home di SMP Negeri 16 Medan Tahun Ajaran 2025/2026. Metode penelitian yang digunakan adalah metode eksperimen dengan desain One Group Pre-Test Post-Test Design. Populasi dalam penelitian ini adalah siswa SMP Negeri 16 Medan. Sampel penelitian berjumlah 6 siswa yang dipilih menggunakan teknik purposive sampling berdasarkan hasil pre-test dan rekomendasi guru Bimbingan dan Konseling. Instrumen penelitian yang digunakan berupa angket perilaku agresi fisik yang telah diuji validitas dan reliabilitasnya. Data dianalisis menggunakan Uji Wilcoxon Signed Rank Test dengan bantuan program SPSS versi 25. Hasil penelitian menunjukkan bahwa rata-rata skor perilaku agresi fisik siswa sebelum diberikan layanan konseling kelompok (pre-test) sebesar 85,33, sedangkan setelah diberikan layanan konseling kelompok (post-test) menurun menjadi 69,50. Dengan demikian terjadi penurunan rata-rata skor sebesar 15,83. Berdasarkan hasil Uji Wilcoxon Signed Rank Test diperoleh nilai Asymp. Sig. (2-tailed) sebesar 0,028. Nilai tersebut lebih kecil dari taraf signifikansi 0,05 ($0,028 < 0,05$), sehingga hipotesis penelitian diterima.

Kata Kunci : Konseling Kelompok, perilaku Agresi Fisik, Broken Home



ABSTRACT

INDRI YOSELA SIAGIAN. The Effect of Group Counseling Through Positive Reinforcement Techniques to Reduce Aggressive Behavior of Broken Home Students at SMP Negeri 16 Medan in the 2025/2026 Academic Year. Skripsi. Medan: Faculty of Education State University of Medan. 2026.

This study was motivated by the physical aggressive behavior displayed by several broken home students at SMP Negeri 16 Medan, such as hitting, pushing, pinching, and other physical actions that may disrupt social relationships and the learning process at school. The purpose of this study was to determine the effect of group counseling services on the physical aggressive behavior of broken home students at SMP Negeri 16 Medan in the 2025/2026 academic year. This study employed an experimental research method using a One Group Pre-Test Post-Test Design. The population of this study consisted of students at SMP Negeri 16 Medan. The sample consisted of six students selected through purposive sampling based on the results of the pre-test and recommendations from the Guidance and Counseling teacher. The research instrument was a physical aggressive behavior questionnaire that had been tested for its validity and reliability. The data were analyzed using the Wilcoxon Signed-Rank Test with the assistance of SPSS version 25. The results showed that the mean score of students' physical aggressive behavior before receiving group counseling services (pre-test) was 85.33, while after receiving the treatment (post-test), the mean score decreased to 69.50, indicating a mean reduction of 15.83 points. Based on the results of the Wilcoxon Signed-Rank Test, the Asymp. Sig. (2-tailed) value was 0.028. Since this value was lower than the significance level of 0.05 ($0.028 < 0.05$), the research hypothesis was accepted. Therefore, it can be concluded that group counseling services have a significant effect on reducing the physical aggressive behavior of broken home students at SMP Negeri 16 Medan.

Keywords: Group Counseling, Physical Aggressive Behavior, Broken Home.

