

ABSTRAK

NURKAMILAH. Pengaruh Layanan Konseling Kelompok Teknik *Cognitive Restructuring* Terhadap Minat Studi Lanjut Siswa Kelas XII di SMK PAB 8 Sampali. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan. 2026.

Penelitian ini bertujuan untuk mengetahui pengaruh layanan konseling kelompok teknik *cognitive restructuring* terhadap minat studi lanjut pada siswa kelas XII di SMK PAB 8 Sampali. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif. Jenis penelitian ini Pre-Eksperimental dengan desain One Group Pre-test dan Post-test. Subjek Penelitian ini berjumlah 10 siswa kelas XII dengan tingkat kategori minat studi lanjut rendah dan sedang. Hasil penelitian diperoleh menggunakan skala minat studi lanjut yang telah valid dan reliabel. Pengujian data dianalisis menggunakan uji wilcoxon. Hasil penelitian menunjukkan skor rata-rata pre-test sebesar 138,4 dan skor rata-rata post-test sebesar 165,7. Berdasarkan hasil uji wilcoxon diperoleh nilai Asymp. Sig. (2-tailed) sebesar $0,005 < 0,05$. Dengan ketentuan jika nilai signifikansi $< 0,05$ maka H_0 ditolak dan H_1 diterima. Maka dapat disimpulkan bahwa H_1 diterima yaitu terdapat pengaruh layanan konseling kelompok teknik *cognitive restructuring* terhadap minat studi lanjut siswa kelas XII di SMK PAB 8 Sampali.

Kata Kunci : Konseling Kelompok, Teknik *Cognitive Restructuring*, Minat Studi Lanjut



ABSTRACT

NURKAMILAH. The Impact Of Engineering Group Counseling Services *cognitive Restructuring* On The Interest Of Further Study Of Grade XII Students At SMK PAB 8 Sampali. Skripsi. Medan: Faculty Of Education. State University Of Medan. 2026.

This study aims to determine the influence of engineering group counseling services. *cognitive restructuring* on the interest in further studies in grade XII students at SMK PAB 8 Sampali. The method used in this study is a quantitative method. This type of research is Pre-Experimental with a One Group Pre-test and Post-test design. The subjects of this study were 10 grade XII students with low and medium levels of interest in further studies. The results of the study were obtained using a valid and reliable scale of interest in further studies. Data testing was analyzed using the Wilcoxon test. The results showed an average pre-test score of 138.4 and an average post-test score of 165.7. Based on the results of the Wilcoxon test, the Asymp. Sig. (2-tailed) value was $0.005 < 0.05$. With the provision that if the significance value < 0.05 then H_0 is rejected and H_1 is accepted. Therefore, it can be concluded that H_1 is accepted, namely there is an influence of engineering group counseling services. *cognitive restructuring* on the interest in further studies of class XII students at SMK PAB 8 Sampali.

Keywords : Group Counseling, Techniques *Cognitive Restructuring*, Interest in Further Studies

