ABSTRAK

SEDERHANA RAMBE. Pengaruh Konseling Kelompok Teknik *Self Management* Terhadap Resiliensi Akademik Kelas X 1 TKJ SMK Yapdi Bandar Pulau Tahun Ajaran 2025/2026. Skripsi. Medan: Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2026.

Penelitian ini bertujuan untuk mengetahui pengaruh konseling kelompok teknik *self management* terhadap resiliensi akademik kelas X 1 TKJ SMK Yapdi Bandar Pulau Tahun Ajaran 2025/2026. 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 6 siswa kelas X 1 TKJ dengan tingkat kategori yang memiliki resiliensi akademik rendah. Hasil penelitian ini diperoleh menggunakan uji wilcoxon. Hasil penelitian menunjukkan skor rata-rata pre-test sebesar 74 dan skor rata-rata post-test sebesar 107. Berdasarkan hasil uji wilcoxon diperoleh nilai *Asymp. Sig. (2-tailed)* sebesar 0,028 < 0,05. Dengan ketentuan jika nilai signifikansi < 0,05 maka H0 ditolak dan HI diterima. Maka dapat disimpulkan bahwa H1 diterima yaitu terdapat pengaruh layanan konseling kelompok teknik self management terhadap resiliensi akademik siswa kelas X I TKJ SMK Yapdi Bandar Pulau.

Kata Kunci : Konseling Kelompok, Teknik *Self Management*, Resilinsei Akademik

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ABSTRACT

SEDERHANA RAMBE. The Effect of Self-Management Technique Group Counseling on Academic Resilience of Class X 1 TKJ SMK Yapdi Bandar Pulau in the 2025/2026 Academic Year. Skripsi. Medan: Faculty of Education. State University of Medan. 2026.

This study aims to determine the effect of self-management technique group counseling on academic resilience of class X 1 TKJ SMK Yapdi Bandar Pulau in the 2025/2026 academic year. The method used in this study is a quantitative method. This type of research is Pre-Experimental with One Group Pre-test and Post-test design. The subjects of this study were 6 students of class X 1 TKJ with a category level that has low academic resilience. The results of this study were obtained using the Wilcoxon test. The results showed an average pre-test score of 74 and an average post-test score of 107. Based on the results of the Wilcoxon test, the Asymp. Sig. (2-tailed) value was 0.028 <0.05. With the provision that if the significance value is <0.05 then H0 is rejected and HI is accepted. So it can be concluded that H1 is accepted, namely there is an effect of self-management technique group counseling services on academic resilience of class X I TKJ students of SMK Yapdi Bandar Pulau.

Keywords : Group Counseling, *Self-Management* Techniques, Academic Resilience

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