ABSTRAK

YUNANDA PUTRI PANJAITAN. **Pengaruh Konseling *Rational Emotive Behavior Therapy* (REBT) terhadap Kemampuan Berpikir Kritis Mahasiswa BK Pengguna CHATGPT Angkatan 2022/2023. Skripsi. Medan: Fakultas Ilmu Pendidikan Universitas Negeri Medan. 2026.**

Penelitian ini bertujuan untuk mengetahui Pengaruh Konseling *Rational Emotive Behavior Therapy* (REBT) terhadap Kemampuan Berpikir Kritis mahasiswa BK Pengguna ChatGPT Angkatan 2022/2023. Metode yang digunakan ialah metode kuantitatif *pre-experimental* dengan *One Group Pretest-Posttest Desain.* Subjek penelitian ini adalah seluruh mahasiswa BK pengguna ChatGPT angkatan 2022/2023, layanan diberikan kepada 5 (lima) mahasiswa BK pengguna ChatGPT angkatan 2022/2023 yang memiliki kemampuan berpikir kritis rendah dan tingkat penggunaan ChatGPT dalam kategori tinggi. Data dianalisis menggunakan uji *Wilcoxon*, jika nilai P-*Value* (Signifikasi) < 0.05, maka terdapat pengaruh perlakuan Konseling *Rational Emotive Behavior Therapy* (REBT). Berdasarkan hasil uji *Wilcoxon* diperoleh nilai Z sebesar (-2,023) dengan nilai signifikansi *Asymp. Sig. (2-tailed)* sebesar 0,043 atau 0.043 < 0,05. Dengan demikian, H_1 (hipotesis alternatif) diterima, yang berarti terdapat pengaruh layanan konseling individual pendekatan *Rational Emotive Behavior Therapy* (REBT) terhadap kemampuan berpikir kritis mahasiswa BK pengguna ChatGPT angkatan 2022/2023. Temuan ini sekaligus menegaskan bahwa intervensi konseling yang terstruktur dan berbasis pendekatan *kognitif-behavioral* dapat menjadi alternatif strategis dalam mengembangkan keterampilan berpikir kritis mahasiswa di era digital.

Kata Kunci: Kemampuan Berpikir Kritis, ChatGPT, Konseling REBT

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ABSTRACT

YUNANDA PUTRI PANJAITAN. The Effect of Rational Emotive Behavior Therapy (REBT) Counseling on the Critical Thinking Skills of Guidance and Counseling Students Who Use ChatGPT in the 2022/2023. Skripsi. Medan: Faculty of Education. State University Of Medan. 2026.

This study aims to determine the effect of Rational Emotive Behavior Therapy (REBT) counseling on the critical thinking skills of 2022/2023 guidance and counseling students who use ChatGPT. The method used was a pre-experimental quantitative method with a One-Group Pretest-Posttest Design. The subjects of this study were all 2022/2023 BK students who use ChatGPT; the intervention was provided to 5 (five) 2022/2023 BK students who use ChatGPT and who have low critical thinking skills and a high level of ChatGPT usage. Data were analyzed using the Wilcoxon test; if the P-value (significance) was < 0.05, it indicated that the Rational Emotive Behavior Therapy (REBT) counseling intervention had an effect. Based on the results of the Wilcoxon test, a Z-value of (-2.023) was obtained with an Asymp. Sig. (2-tailed) value of 0.043, or 0.043 < 0.05. Thus, H_1 (the alternative hypothesis) is accepted, meaning that there is an effect of individual counseling using the Rational Emotive Behavior Therapy (REBT) approach on the critical thinking skills of BK students using ChatGPT from the 2022/2023 cohort. This finding also confirms that structured counseling interventions based on a cognitive-behavioral approach can serve as a strategic alternative in developing students' critical thinking skills in the digital age.

Keywords: Critical Thinking Skills, ChatGPT, REBT Counseling

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