ABSTRAK

RIZKI SANTI RAMADHANI. NIM. 1123351019. Pengaruh Pemberian Layanan Konseling Individual *Cognitive – Behavior Therapy* Terhadap Harga Diri (*Self-Esteem*) Siswa di Kelas XI MAS Miftahussalam Medan T.A. 2016/2017

Permasalahan dalam penelitan ini adalah : Apakah pemberian layanan konseling individual *cognitive – behavior therapy* berpengaruh terhadap harga diri (*self-esteem*) siswa di kelas XI MAS Miftahussalam Medan Tahun Ajaran 2016/2017?. Tujuan penelitan ini adalah untuk mengetahui pengaruh pemberian layanan konseling individual *cognitive-behavior therapy* terhadap harga diri (*self-esteem)* siswa di kelas XI MAS Miftahussalam Medan Tahun Ajaran 2016/2017.

Jenis penelitian ini adalah eksperimen semu dengan desain *pre-test* dan *post-test*. Subjek dalam penelitian ini adalah 3 orang siswa yang memiliki harga diri (*self-esteem*) yang rendah, yang akan diberikan layanan konseling individual *cognitive – behavior therapy*. Data penelitian dikumpulkan dengan menggunakan angket harga diri (*self-esteem*), sebanyak 52 butir pernyataan angket harga diri (*self-esteem*) terlebih dahulu diujicobakan dan dianalisis oleh peneliti untuk mendapatkan angket yang valid dan reliabel. Dan menjadi 31 butir pernyataan angket harga diri (*self-esteem*) sebagai pengumpul data.

Hasil penelitian ini menunjukkan bahwa ada pengaruh layanan konseling individual *cognitive – behavior therapy* terhadap harga diri (*self-esteem*) di kelas XI MAS Miftahussalam Medan Tahun Ajaran 2016/2017, tingkat harga diri (*self-esteem*) siswa sebelum memperoleh layanan konseling individual *cognitive – behavior therapy* (53,33) setelah mengikuti layanan konseling individual *cognitive – behavior therapy* mengalami perubahan (98). Meningkat sebanyak 84%. Hal ini diketahui dari hasil perhitungan perhitungan Jhitung = 37,54 dengan $\alpha = 0{,}05$ dan $n = 3$ maka nilai Jtabel = 0. Dengan demikian Jhitung > Jtabel = (37,54 > 0). Maka hipotesa yang menyatakan bahwa layanan konseling individual *cognitive – behavior therapy* berpengaruh terhadap harga diri (*self-esteem*) di kelas XI MAS Miftahussalam Medan Tahun Ajaran 2016/2017, dapat diterima.

Kata Kunci : Harga Diri (*Self-Esteem*), Layanan Konseling Individual *Cognitive – Behavior Therapy*

ABSTRACT

RIZKI SANTI RAMADHANI. NIM.1123351019. Influence of Individual Counseling Using Cognitive – Behavior Therapy Toward Students Self – Esteem in Class XI Student Academic Year 2016/2017. Essay. Department of Educational Psychology and Guidance. Study Program Guidance and Counseling. Faculty of Science Education. State University of Medan.

The problem in this study: there is the effect of individual counseling using cognitive – behavior therapy toward students self – esteem in class XI student academic year 2016/2017. the objectives of this study is to the students the influence of individual counseling using cognitive – behavior therapy toward students self – esteem in class XI student academic year 2016/2017.

The design of this research is quasi experimental design with pre-test and post-test. Subjects in this research is 3 students who have low self-esteem, which will be given individual counseling using cognitive – behavior therapy. The data were collected using a questionnaire of self-esteem, as many as 52 point statement of self-esteem questionnaire beforehand tested and analyzed by researchers to obtain valid and realiabel questionnaires. And being 31 items declaration of self-esteem questionnaire as data collection insstrument.

From analysis result it obtained that student' pre-test students on average = 53,33 as low categorized, while the results of post-test data results on average of 98 as high categorized. Mechanical tests of hypotheses using the Wilcoxon test formula (J) getting results J_{hitung} = 37,54 while prices J_{tabel} = 0. From the table of critical values for the test level A Wilcoxon signed for n = 3, $\alpha = 0.05$. Because of J (37,54>0). In accordance with the criteria for acceptance and rejection of the hypothesis, the hypothesis is accepted if $J_{hitung} > J_{tabel}$. So, in this study found that there is the effect of peer individual counseling using cognitive – behavior therapy toward students self – esteem in class XI student academic year 2016/2017. In other words the hypothesis was accepted.

Keywords: Self- Esteem, Individual Counseling, Cognitive – Behavior Therapy