

ABSTRACT

INDI AYU CHINTIYA, NIM: 1163351015, The Effect of Group Counseling Services with the Cognitive Behavioral Therapy Approach on the Dating Behavior of Class XI IPS 1 Students at SMA Negeri 2 Lubuk Pakam for the 2019/2020 Academic Year. Thesis, Department of Educational Psychology and Guidance, Faculty of Education. Medan State University. 2020.

This study aims to determine the effect of group counseling services with the Cognitive Behavioral Therapy approach on dating behavior in class XI IPS 1 students at SMA Negeri 2 Lubuk Pakam in the 2019/2020 academic year. The formulation of the problem in this study is: Is there an effect of group counseling services with the Cognitive Behavioral Therapy approach on dating behavior in class XI IPS 1 students at SMA Negeri 2 Lubuk Pakam for the 2019/2020 academic year. The method used in this research is quantitative method. This type of research is Quasi experimental using One group design pre-test and post-test. The subjects in this study were 6 students of class XI IPS 1 who had a high score of dating behavior. The instrument used was the dating behavior scale. Instruments were given before and after the implementation of group counseling services. The data were analyzed using the Wilcoxon test to see whether there was a significant effect of group counseling services with the Cognitive Behavioral Therapy approach on dating behavior in students. The results of the analysis showed that the initial results (pre-test) in the experimental group obtained an average = 111.33 while the post-test data obtained an average = 68.67. The analysis results obtained from the Wilcoxon test showed that the Wilcoxon level test obtained $J_{count} = 3$ while $J_{table} = 0$. From the critical value table J for the Wilcoxon level test for $n = 6$, $\alpha = 0.05$ in accordance with the criteria for acceptance and rejection of the hypothesis, the hypothesis is accepted if $J_{count} > J_{table}$ is $J_{hitung} > J_{tabel}$ where $3 > 0$, from this calculation it can be seen treatment in the experimental group means that the hypothesis that says there is a significant effect of providing group counseling services with the Cognitive Behavioral Therapy Approach on dating behavior in class XI IPS 1 students at SMA Negeri 2 Lubuk Pakam for the 2019/2020 academic year can be accepted.

Keywords: *Cognitive Behavioral Therapy Approach Group Counseling, Dating Behavior*

ABSTRAK

INDI AYU CHINTIYA, NIM: 1163351015, Pengaruh Layanan Konseling Kelompok Pendekatan *Cognitive Behavioral Therapy* Terhadap Perilaku Berpacaran Siswa Kelas XI IPS 1 di SMA Negeri 2 Lubuk Pakam Tahun Ajaran 2019/2020. Skripsi Jurusan Psikologi Pendidikan dan Bimbingan, Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2020.

Penelitian ini bertujuan untuk mengetahui pengaruh layanan konseling kelompok pendekatan *Cognitive Behavioral Therapy* Terhadap perilaku berpacaran pada siswa kelas XI IPS 1 di SMA Negeri 2 Lubuk Pakam Tahun Ajaran 2019/2020. Rumusan masalah dalam penelitian ini adalah : Apakah ada Pengaruh Layanan Konseling Kelompok pendekatan *Cognitive Behavioral Therapy* Terhadap perilaku berpacaran pada siswa kelas XI IPS 1 di SMA Negeri 2 Lubuk Pakam Tahun Ajaran 2019/2020. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif. Jenis penelitian ini adalah *Quasi experimental* dengan menggunakan *One group design pre-test* dan *Post-test*. Subjek dalam penelitian ini adalah 6 orang siswa kelas XI IPS 1 yang memiliki skor perilaku berpacaran tinggi. Instrumen yang digunakan adalah skala perilaku pacaran. Instrumen diberikan sebelum dan sesudah pelaksanaan layanan konseling kelompok. Data dianalisis menggunakan uji *Wilcoxon* untuk melihat adakah pengaruh signifikan pemberian layanan konseling kelompok pendekatan *Cognitive Behavioral Therapy* terhadap perilaku berpacaran pada siswa. Hasil analisis diperoleh bahwa hasil awal (*pre-test*) pada kelompok eksperimen diperoleh rata-rata = 111.33 sedangkan data *post-test* diperoleh rata-rata = 68.67. Hasil analisis diperoleh dari uji *Wilcoxon* menunjukkan bahwa uji jenjang *Wilcoxon* diperoleh $J_{hitung} = 3$ sedangkan $J_{tabel} = 0$. Dari table nilai kritis J untuk uji jenjang bertanda *Wilcoxon* untuk $n=6$, $\alpha = 0,05$ sesuai dengan criteria dengan penerimaan dan penolakan hipotesis, hipotesis diterima jika $J_{hitung} > J_{tabel}$ yaitu $J_{hitung} > J_{tabel}$ di mana $3 > 0$, dari perhitungan ini dapat dilihat perlakuan pada kelompok eksperimen artinya hipotesis yang berbunyi ada pengaruh signifikan pemberian layanan konseling kelompok Pendekatan *Cognitive Behavioral Therapy* terhadap perilaku berpacaran pada siswa kelas XI IPS 1 di SMA Negeri 2 Lubuk Pakam Tahun Ajaran 2019/2020 dapat diterima.

Keywords : *Konseling Kelompok Pendekatan Cognitive Behavioral Therapy, Perilaku Berpacaran*