

## ABSTRAK

**Nurulita Irmastuti, NIM : 1163351024, Pengaruh Konseling Kelompok *Online* Pendekatan *Solution Focused Brief Therapy* Terhadap *Fear Of Failure* dalam Pemilihan Karir Siswa Kelas XI IPS 2 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 apakah ada pengaruh layanan konseling kelompok *online* pendekatan *Solution Focused Brief Therapy* pada siswa kelas XI IPS 2 SMA Negeri 2 Lubuk Pakam. Metode penelitian yang digunakan dalam penelitian ini adalah metode kuantitatif. Jenis penelitian ini adalah eksperimen semu dengan *pre test-post test group design*. Penelitian ini dilaksanakan pada bulan Maret s/d Mei 2019. Subjek dalam penelitian ini adalah siswa kelas XI IPS 2 SMA Negeri 2 Lubuk Pakam Tahun Ajaran 2019/2020. Sampel ditarik dengan menggunakan *random sampling* sebanyak 6 orang dengan tingkat *fear of failure* tinggi. Data penelitian dikumpulkan dengan angket tingkat *fear of failure* berjumlah 24 item pernyataan yang telah valid dan reliabel. Kemudian data dianalisis menggunakan uji *wilcoxon signed rank tests* untuk melihat apakah ada pengaruh signifikan pemberian layanan konseling kelompok *online* pendekatan *Solution Focused Brief Therapy* terhadap tingkat *fear of failure* pada siswa. Maka dapat diperoleh hasil perhitungan dengan skor tes awal (*pre-test*) diperoleh nilai rata-rata 81. Sedangkan skor *post test* diperoleh nilai rata-rata 46,16. Artinya skor rata-rata siswa menurun setelah mendapat layanan konseling kelompok *online*. Hal ini dapat dilihat dari hasil uji *wilcoxon signed rank test* yang menunjukkan bahwa pada uji jenjang diperoleh nilai *Asymp sig* = 0,028  $\leq$  0,05. Dari data tersebut dapat terlihat jika *Asymp sig* < nilai  $\alpha$ . Artinya hipotesis diterima. Hal ini berarti ada pengaruh konseling kelompok *online* Pendekatan *Solution Focused Brief Therapy* terhadap *fear of failure* dalam pemilihan karir siswa kelas XI IPS 2 SMA Negeri 2 Lubuk Pakam. Layanan konseling kelompok *online* Pendekatan *Solution Focused Brief Therapy* memberikan pengaruh sebesar 43% terhadap penurunan tingkat *fear of failure* pada siswa kelas XI IPS 2 SMA Negeri 2 Lubuk Pakam.

**Kata Kunci : Konseling Kelompok *Online*, *Solution Focused Brief Therapy*, Tingkat *Fear of Failure***

## **ABSTRACT**

**Nurulita Irmastuti, NIM: 1163351024, Influence Of Online Group Counseling Solution Focused Brief Therapy Against Fear Of Failure In The Career Selection Of Student In class XI IPS 2 SMA Negeri 2 Lubuk Pakam School Year 2019/2020. Thesis Department of Education Psychology and Guidance in the Faculty of Education, State University of Medan. 2020.**

The study aims to find out if there is an influence on the online Group counseling service approach Solution Focused Brief Therapy on students of the grade XI IPS 2 SMA Negeri 2 Lubuk Pakam. The research methods used in this research are quantitative methods. This type of research is a pseudo experiment with pre test-post test group design. The study was held in March to May 2019. The subject in this study is the student of XI IPS 2 SMA Negeri 2 Lubuk Pakam academic year 2019/2020. Samples were drawn using random sampling as many as 6 people with high fear of failure levels. The research Data is collected with a poll of the level of fear of failure amounted to 24 items of valid and reliable statements. Then the data is analyzed using Wilcoxon signed rank tests to see if there is a significant influence on the online Group counseling service approach Solution Focused Brief Therapy on the level of fear of failure in students. Then the calculation result can be obtained with the initial test score (pre-test) obtained an average value of 81. While the post test score was obtained an average value of 46.16. This means that the average score of students decreases after receiving online group counseling services. This can be seen from the Wilcoxon test result signed rank test which indicates that on the test level obtained the value of  $Asymp\ sig = 0,028 \leq 0.05$ . From such data can be seen if  $Asymp\ sig < \alpha$  value. It means the hypothesis is accepted. This means that there is an influence on online group counseling Solution Focused Brief Therapy approach to the fear of failure in the career selection of grade XI IPS 2 SMA Negeri 2 Lubuk Pakam. Online Group Counseling Services approach Solution Focused Brief Therapy gives an impact of 43% on the decline in the level of fear of failure in the students of Class XI IPS 2 SMA Negeri 2 Lubuk Pakam.

**Keywords : Counseling group Online, Solution Focused Brief Therapy, level of Fear of Failure**