

ABSTRACT

Novita Magdalena Panggabean. NIM. 1173151032. The Effect of Group Counseling with Assertive Training Technique on introvert attitude in Class VIII-8 Students of Junior High School Negeri 4 Pematangsiantar for the 2020/2021 academic year. Thesis. Guidance and Counseling Study Program. Faculty of Education, Medan State University. 2021.

This study aims to determine whether there is an effect of group counseling with assertive training technique on introvert attitude in Class VIII-8 Students of Junior High School Negeri 4 Pematangsiantar for the 2020/2021 academic year. The method used in this research is quantitative method. This type of research is quasi-experimental with a pre-test and post-test group design. The subjects in this study were 8 students of class VIII-8 who had high introvert attitude scores. The research data were collected using a student introvert attitude questionnaire amounting to 46 statement items that had been valid and reliable. Questionnaire were given before and after the implemetation of group counseling service. Data were analyzed using the Wicoxon test to see if there was a significant effect group counseling with assertive training technique on student introvert attitude. It can be obtained form the calculation results with the initial test score (pre-test) in the experimental group obtained by an average = 153 while the post-test data obtained an average of = 86. This can be obtained form the Wilcoxon test which shows that the Wilcoxon level test is obtained. Jcount = 15 while Jtabel = 4. From the critical value tabel J for the Wilcoxon-marked cascade test for $n = 8$, $\alpha = 0,05$ according to the criteria for acceptance and rejection of the hypothesis, the hypothesis is accepted if $Jcount > Jtabel$ where $15 > 4$, from this calculation. It can be seen that the treatment in the experimental group means that the hypothesis ia accepted. This shows that there is an effect of group counseling with assertive training tecnique on introvert attitude in class VIII-8 students of Junior High School Negeri 4 Pematangsiantar for the 2020/2021 academic year.

Keywords : Group Counseling, Assertive Training Technique, Introvert Attitude.

ABSTRAK

NOVITA MAGDALENA PANGGABEAN. NIM. 1173151032. Pengaruh Konseling Kelompok Teknik *Assertive Training* Terhadap Sikap *Introvert* Pada Siswa Kelas VIII-8 SMP Negeri 4 Pematangsiantar Tahun Ajaran 2020/2021. Skripsi. Program Studi Bimbingan dan Konseling. Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2021.

Penelitian ini bertujuan untuk mengetahui apa ada pengaruh konseling kelompok teknik *assertive training* terhadap sikap *introvert* siswa pada kelas VIII-8 SMP Negeri 4 Pematangsiantar Tahun Ajaran 2020/2021. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif. Jenis penelitian ini adalah eksperimen semu dengan *pretest-posttest group design*. Subjek penelitian ini adalah 8 orang siswa kelas VIII-8 yang memiliki skor sikap *introvert* yang tinggi. Data penelitian dikumpulkan dengan angket sikap *introvert* berjumlah 46 item pernyataan yang telah valid dan reliabel. Angket diberikan sebelum dan sesudah pelaksanaan layanan konseling kelompok. Data dianalisis menggunakan uji *Wilcoxon* untuk melihat apakah ada pengaruh signifikan pemberian konseling kelompok teknik *assertive training* terhadap sikap *introvert* siswa. Hal ini dapat diperoleh dari hasil perhitungan dengan skor tes awal (*pre-test*) pada kelompok eksperimen diperoleh rata-rata = 153 sedangkan data *post-test* diperoleh rata-rata = 86. Hal ini dapat diperoleh dari uji *Wilcoxon* yang menunjukkan bahwa uji tentang *Wilcoxon* diperoleh $J_{hitung} = 15$ sedangkan $J_{tabel} = 4$. Dari tabel nilai kritis J untuk uji jenjang bertanda *Wilcoxon* untuk $n = 8$, $\alpha = 0,05$ sesuai dengan kriteria penerimaan dan penolakan hipotesis, hipotesis diterima jika $J_{hitung} > J_{tabel}$ dimana $15 > 4$, dari perhitungan ini dapat dilihat bahwa perlakuan pada kelompok eksperimen artinya hipotesis diterima. Hal ini menunjukkan ada pengaruh konseling kelompok teknik *assertive training* terhadap sikap *introvert* siswa kelas VIII-8 SMP Negeri 4 Pematangsiantar Tahun Ajaran 2020/2021.

Keywords : Konseling Kelompok Teknik *Assertive Training*, Sikap *Introvert*.

