

ABSTRACT

Septian Dwi Pamungkas. NIM: 1172151009. The Effect of Group Counseling Services Through a Rational Emotive Behavior Therapy Approach to Changes in Students Isolated Behavior SMA Negeri 11 Medan for the Academic Year of 2020-2021. Undergraduate Thesis. Guidance and Counseling Study Program. Faculty of Educational Sciences. Medan State University. 2021.

This study aims to determine the effect of group counseling with the Rational Emotive Behavior Therapy approach on the isolated behavior of SMA Negeri 11 Medan students in 2020/2021. The type of research used is quantitative with a quasi-experimental research method (quasi-experimental) and time series research design. The results showed that group counseling services through the REBT approach experienced a change in isolated behavior with details of the value the greater the score, the less isolated behavior where there was an increase of 44% towards better in the Pre-test results at the first meeting the overall score of the subjects was equal to 519 and at the post-test at the end of the meeting the subjects got a score of 749 subjects. In testing the hypothesis in the pre-test of the first meeting there was a value of $Asymp.sig.(2-tailed) < 0.05$, then the hypothesis was accepted and this result was consistent until the end of the meeting. So this shows that group counseling services with the Rational Emotive Behavior Therapy approach are effective in changing the isolated behavior of SMA Negeri 11 Medan students in a positive direction.

Keywords: Isolated Behavior, Group Counseling, Rational Emotive Behavior Therapy

ABSTRAK

Septian Dwi Pmungkas. NIM: 1172151009. Pengaruh Layanan Konseling Kelompok Melalui Pendekatan Rational Emotive Behavior Therapy Terhadap Perubahan Perilaku Terisolir Siswa SMA Negeri 11 Medan Tahun Ajaran 2020/2021. Skripsi. Program Studi Bimbingan dan Konseling. Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2021.

Penelitian ini bertujuan untuk mengetahui adanya pengaruh konseling kelompok dengan pendekatan *Rational Emotive Behavior Therapy* terhadap perilaku terisolir siswa SMA Negeri 11 Medan pada tahun 2020/2021. Jenis penelitian yang digunakan ialah kuantitatif dengan metode penelitian *quasi eksperimen* (eksperimen semu) dan desain penelitiannya *time series*. Hasil penelitian menunjukkan bahwa layanan konseling kelompok melalui pendekatan REBT mengalami perubahan terhadap perilaku terisolir dengan rincian nilai yang semakin besar skor maka semakin berkurangnya perilaku terisolir dimana adanya peningkatan sebesar 44% ke arah lebih baik pada hasil *Pre-test* di pertemuan pertama skor keseluruhan subyek ialah sebesar 519 dan pada *Post-test* akhir pertemuan subyek mendapatkan skor sebesar 749 Subyek. Dalam pengujian hipotesis pada *Pre-test* pertemuan pertama terdapat nilai $Asymp.sig.(2-tailed) < 0,05$ maka hipotesis di terima dan hasil ini konsisten hingga di akhir pertemuan. Maka hal ini menunjukkan bahwa layanan konseling kelompok dengan pendekatan *Rational Emotive Behavior Therapy* efektif untuk mengubah perilaku terisolir siswa SMA Negeri 11 Medan ke arah positif.

Kata Kunci : Perilaku Terisolir, Konseling Kelompok. Pendekatan *Rational Emotive Behavior Therapy*.