

ABSTRAK

Dianita Veronica, NIM: 1172151013, Pengaruh Layanan Konseling Kelompok Pendekatan *Cognitive Behavioral Therapy* Terhadap Sikap Optimis Di Era Pandemi Covid-19 Pada Siswa Kelas XI Sos-1 SMA Negeri 1 Kabanjahe Tahun Ajaran 2020/2021. Skripsi Jurusan Psikologi Pendidikan dan Bimbingan. Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2021.

Penelitian ini bertujuan untuk mengetahui pengaruh layanan konseling kelompok pendekatan *cognitive behavioral therapy* terhadap sikap optimis di era pandemi Covid-19 pada siswa kelas XI Sos-1 SMA Negeri 1 Kabanjahe Tahun Ajaran 2020/2021. Pendekatan yang digunakan dalam penelitian ini adalah kuantitatif. Metode penelitian ini adalah *quasi experiment* dengan desain *one group pretest and posttest design*. Subjek dalam penelitian ini adalah 7 orang siswa kelas XI-Sos 1 yang memiliki skor sikap optimis yang rendah. Instrumen yang digunakan adalah angket sikap optimis. Instrumen diberikan sebelum dan sesudah pelaksanaan layanan konseling kelompok. Data dianalisis menggunakan uji *Wilcoxon* untuk melihat adakah pengaruh signifikan pengaruh layanan konseling kelompok *cognitive behavioral therapy* terhadap sikap optimis di era pandemi Covid-19 pada siswa. Hasil perhitungan dengan skor tes awal (*pre-test*) pada kelompok eksperimen diperoleh rata-rata = 64 sedangkan data *post-test* diperoleh rata-rata = 110. Hasil dari uji *Wilcoxon* yang menunjukkan bahwa uji jenjang *Wilcoxon* diperoleh $J_{hitung} = 6$ sedangkan $J_{tabel} = 2$. Dari tabel nilai kritis J untuk uji jenjang bertanda *Wilcoxon* untuk $n = 7$, $\alpha = 0,05$ sesuai kriteria dengan penerimaan dan penolakan hipotesis, hipotesis diterima jika $J_{hitung} > J_{tabel}$ yaitu $J_{hitung} > J_{tabel}$ di mana $6 > 2$ dari perhitungan ini dapat dilihat bahwa hipotesis yang berbunyi ada pengaruh signifikan pemberian layanan konseling kelompok pendekatan *Cognitive Behavioral Therapy* pada siswa kelas XI Sos-1 SMA Negeri 1 Kabanjahe Tahun Ajaran 2020/2021 dapat diterima.

Kata kunci: *Konseling Kelompok Pendekatan Cognitive Behavioral Therapy, Sikap Optimis*



ABSTRACT

Dianita Veronica, NIM : 1172151013, The Effect of Group Counseling Services with Approach Cognitive Behavioral Therapy on Optimistic Attitude in the Covid-19 Pandemic Era for Class XI-Sos 1 of SMA Negeri 1 Kabanjahe Academic Year 2020/2021. Thesis Department of Education Psychology and Guidance. Faculty of Science Education. Medan State University. 2021

This study aims to determine the effect of group counseling services with approach cognitive behavioral therapy on optimistic in the Covid-19 pandemic era for class XI Sos-1 of SMA Negeri 1 Kabanjahe for the 2020/2021 academic year. The approach used in this research is quantitative. This research method is a quasi experiment with one group pretest design and post test design. The subjects in this study were 7 students of class XI Sos-1 who had a low score of optimistic attitude. The instrument used was an optimistic attitude questionnaire. Instruments were given before and after implementation of group counseling services. The data were analyzed using Wilcoxon test to see whether there was a significant effect of providing counseling services for the group counseling with approach cognitive behavioral therapy on optimistic attitude in the Covid-19 pandemic era for students. This result can be obtained from the calculation result with the initial test score (pre-test) in the experimental group obtained an average=64 while the data post-test obtained an average=110, this result can be obtained from Wilcoxon test which shows that the level Wilcoxon test is obtained $J_{count} = 6$ while $J_{table} = 2$. From the critical value table J for the level Wilcoxon test for $n=7$, $\alpha = 0.05$ according to the criteria for acceptance and rejection of the hypothesis, the hypothesis is accepted if $J_{count} > J_{table}$, namely $J_{count} > A_{table}$ where $6 > 2$ from this calculation can be seen that the hypothesis that says there is a significant effect of providing group counseling services the approach cognitive behavioral therapy on optimistic in the Covid-19 pandemic era for class XI Sos-1 of SMA negeri 1 Kabanjahe for the 2020/2021 academic year can be accepted.

Keyword: *Cognitive Behavioral Therapy Approach Group Counseling, Optimistic Attitude*