

ABSTRAK

NOVIA NITA. NIM: 1173151031. Pengaruh Konseling Kelompok Teknik *Cognitive Restructuring* Terhadap *Self Efficacy* Dalam Era Pembelajaran Daring Pada Siswa Kelas VIII-1 MTs Negeri 2 Medan Tahun Ajaran 2020/2021. Skripsi. Program Studi Bimbingan dan Konseling. Fakultas Ilmu Pendidikan, Universitas Negeri Medan. 2021.

Penelitian ini bertujuan untuk mengetahui pengaruh konseling kelompok teknik *cognitive restructuring* terhadap *self efficacy* di era pembelajaran daring pada siswa kelas VIII-1 MTs Negeri 2 Medan 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 dalam penelitian ini adalah 8 orang siswa kelas VIII-1 yang memiliki skor *self efficacy* yang rendah. Data penelitian dikumpulkan dengan angket *self efficacy* siswa dalam era pembelajaran daring berjumlah 47 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 *cognitive restructuring* terhadap *self efficacy* siswa dalam era pembelajaran daring. Hal ini dapat diperoleh hasil perhitungan dengan skor tes awal (*pre-test*) pada kelompok eksperimen diperoleh rata-rata = 69 sedangkan data *post-test* diperoleh rata-rata = 146. Hal ini dapat diperoleh dari uji *Wilcoxon* yang menunjukkan bahwa uji jenjang *Wilcoxon* diperoleh $J_{hitung} = 6$ 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 $6 > 4$, dari perhitungan ini dapat dilihat perlakuan pada kelompok eksperimen artinya hipotesis diterima. Hal ini menunjukkan ada pengaruh konseling kelompok teknik *cognitive restructuring* terhadap *self efficacy* di era pembelajaran daring pada siswa kelas VIII-1 MTs Negeri 2 Medan Tahun Ajaran 2020/2021.

Kata Kunci : Konseling Kelompok Teknik *Cognitive Restructuring*, *Self Efficacy*.

ABSTRACT

NOVIA NITA. NIM: 1173151031. The Effect Group Counseling with Cognitive Restructuring Technique on Self Efficacy in the Era of Online Learning in Class VIII-1 Students of MTs Negeri 2 Medan for the 2020/2021 academic year. Thesis. Guidance and Counseling Study Program. Faculty of Education, Medan State University. 2021.

This study aims to determine the effect of group counseling with cognitive restructuring technique on self-efficacy in the era of online learning in class VIII-1 students of MTs Negeri 2 Medan in the academic year 2020/2021. The method used in this research is quantitative method. This type of research is a quasi-experimental with a pretest-posttest group design. The subjects in this study were 8 students of class VIII-1 who had low self-efficacy scores. The research data were collected using a student self-efficacy questionnaire in the era of online learning, amounting to 47 statement items that had been valid and reliable. Questionnaires were given before and after the implementation of group counseling service. Data were analyzed using the Wilcoxon test to see if there was a significant effect of group counseling with cognitive restructuring technique on student self-efficacy in the era of online learning. It can be obtained from the calculation results with the initial test score (pre-test) in the experimental group obtained by an average = 69 while the post-test data obtained an average of = 146. This can be obtained from the Wilcoxon test which shows that the Wilcoxon level test is obtained. $J_{count} = 6$ while $J_{table} = 4$. From the critical value table 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 $J_{count} > J_{table}$ where $6 > 4$, from this calculation It can be seen that the treatment in the experimental group means that the hypothesis is accepted. This shows that there is an effect of group counseling with cognitive restructuring technique on self-efficacy in the era of online learning in class VIII-1 students of MTs Negeri 2 Medan for the 2020/2021 academic year.

Keywords: Group Counseling with Cognitive Restructuring Technique, Self Efficacy.