

ABSTRAK

PAWLIN SILITONGA. NIM: 1173351046, Pengaruh Layanan Bimbingan Kelompok Teknik *Desensitisasi Sistematis* Terhadap Kecemasan Lulus Mata Kuliah Mahasiswa Semester II Bimbingan Konseling FIP Universitas Negeri Medan T.A. 2020/2021. Skripsi. Jurusan Psikologi Pendidikan dan Bimbingan. Program Studi Bimbingan dan Konseling. Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2021.

Penelitian ini bertujuan untuk mengetahui Pengaruh Layanan Bimbingan Kelompok Teknik *Desensitisasi Sistematis* Terhadap Kecemasan Lulus Mata Kuliah Mahasiswa Semester II Bimbingan Konseling FIP Universitas Negeri Medan T.A. 2020/2021. Pendekatan yang digunakan dalam penelitian ini adalah penelitian kuantitatif dengan metode eksperimen semu dengan menggunakan desain *one group pre-test and post-test design*. Penelitian ini berfokus pada pengaruh layanan bimbingan kelompok teknik *desensitisasi sistematis* untuk menurunkan kecemasan lulus mata kuliah mahasiswa dengan teknik pengumpulan data menggunakan angket. Subjek penelitian ini berjumlah 8 orang yang dipilih secara *screening* (penyaringan) dengan menggunakan skala kecemasan lulus mata kuliah. Berdasarkan hasil validasi dengan responden sebanyak 30 mahasiswa diperoleh hasil bahwa pada angket kecemasan lulus mata kuliah terdapat 35 butir pernyataan yang valid dengan ketentuan $r_{hitung} > r_{tabel}$. Pada hasil reliabilitas diperoleh $r_{11} > r_{tabel}$ sehingga angket kecemasan lulus mata kuliah termasuk dalam kategori sangat tinggi dan dikatakan telah memenuhi koefisien reliabilitas sehingga dapat digunakan sebagai alat pengumpul data. Analisis data dalam penelitian ini menggunakan uji wilcoxon, adapun hasil dapat diketahui bahwa $J_{hitung} = 10$ sedangkan $J_{tabel} = 4$, dari tabel krisis 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 $10 > 4$. Hal ini dapat dilihat melalui hasil perhitungan dengan skor tes awal (*pre-test*) diperoleh rata-rata 118,5 sedangkan data *post-test* diperoleh rata-rata = 61,5. Hal ini menunjukkan ada pengaruh bimbingan kelompok teknik *desensitisasi sistematis* terhadap kecemasan lulus mata kuliah mahasiswa semester II bimbingan konseling FIP Unimed T.A 2020/2021.

Keyword : Bimbingan Kelompok, *Desensitisasi Sistematis*, Kecemasan Lulus Mata Kuliah.

ABSTRACT

PAWLIN SILITONGA. NIM: 1173351046, The Effect of Systematic Desensitization Engineering Group Guidance Services on Anxiety Passing Semester II Student Courses FIP Counseling Guidance, State University of Medan 2020/2021 Academic Years. Thesis. Department of Educational Psychology and Guidance. Guidance and Counseling Study Program. Faculty of Science Education. Medan State University. 2021

This study aims to determine the Effect of Systematic Desensitization Engineering Group Guidance Services on Anxiety Passing the Second Semester Student Tuition Guidance Counseling FIP Medan State University 2020/2021 Academic Years. The approach used in this research is quantitative research with quasi-experimental method using one group pre-test and post-test design. This study focuses on the effect of group guidance services with systematic desensitization techniques to reduce student graduation anxiety with data collection techniques using questionnaires. The subjects of this study were 8 people who were selected by screening using an anxiety scale to pass the course. Based on the results of validation with 30 students are respondents, it was found that in the anxiety questionnaire passing te course there were 35 valid statements with the provisions of $r_{count} > r_{table}$. In the reliability results obtained $r_{11} > r_{table}$ so that the anxiety questionnaire passing the course is included in the very high category and is said to have met the reliability coefficientso that it can be used as a data collection tool. Analysis of the data in this study using the Wilcoxon test, while the result can be seen that $J_{count} = 10$ while $J_{table} = 4$, from the crisis table J for the Wilcoxon marked level test for $n = 8$, $\alpha = 0,05$ according to the criteria for acceptance and rejection of the hypothesis, the hypothesis accepted if $J_{count} > J_{table}$ where $6 > 4$. This can be seen from the calculation result with the initial test score (*pre-test*) obtained an average of 118.5 while the post-test score obtained an average of 61.5. This shows that there is an effect of the systematic desensitization technique group guidance on the anxiety of graduating from the second semester student course of counseling guidance FIP Unimed 2020/2021 academic year.

Keyword: Group Guidance, Systematic Desensitization, Anxiety Passing Courses.