ABSTRAK

NUR ANNISA RIDWAN. NIM: 1173151033. Pengaruh Konseling Kelompok Pendekatan *Rational Emotive Behavior Theraphy* Terhadap *Self Regulated learning* Dalam Pembelajaran Daring Selama Pandemi Covid-19 Pada Siswa Kelas X SMA Negeri 5 Binjai Tahun Ajaran 2021/2022. Skripsi. Program Studi Bimbingan dan Konseling. Fakultas Ilmu Pendidikan, Universitas Negeri Medan. 2021.

Penelitian ini bertujuan untuk mengetahui apakah ada pengaruh konseling kelompok pendekatan *rational emotive behavior theraphy* terhadap *self regulated learning* dalam pembelajaran daring selama pandemi Covid-19 pada siswa kelas X SMA Negeri 5 Binjai Tahun Ajaran 2021/2022. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif. Jenis penelitian ini adalah eksperimen semu dengan *pretest-posttestgroup design*. Subjek dalam penelitian ini adalah 9 orang siswa kelas X MIA-1 yang memiliki skor self regulated learning yang rendah. Data penelitian dikumpulkan dengan angket self regulated learningsiswa dalam pembelajaran daring selama Covid-19 berjumlah 38 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 pendekatan *rational emotive behavior theraphy* terhadap *self regulated learning* siswa dalam pembelajaran daring selama Covid-19. Hal ini dapat diperoleh hasil perhitungan dengan skor tes awal *(pre-test)* pada kelompok eksperimen diperoleh rata=rata = 64,3 sedangkan data *post-test* diperoleh rat-rata = 123. Hal ini dapat diperoleh dari uji *Wilcoxon* yang menunjukkan bahwa uji jenjang *Wilcoxon* diperoleh $J_{hitung} = 15$ sedangkan $J_{tabel} = 4$. Dari tabel nilai kritis J untuk uji jenjang bertanda *Wilcoxon* untuk n=8, α=0,05 sesuai dengan kriteria penerimaan dan penolakkan hipotesis, hipotesis diterima jika $J_{hitung} > J_{tabel}$ dimana 15 > 4, dari perhitungan ini dapat dilihat perlakukan pada kelompok eksperimen artinya hipotesis diterima. Hal ini menunjukkan ada pengaruh konseling kelompok pendekatan *rational emotive behavior theraphy* terhadap *self regulated learning* dalam pembelajaran daring selama pandemi Covid-19 pada siswa kelas X SMA Negeri 5 Binjai Tahun Ajaran 2021/2022.

Kata Kunci   : Konseling Kelompok Pendekatan *Rational Emotive Behavior Theraphy, Self Regulated Learning.*

ABTRACT

NUR ANNISA RIDWAN. NIM: 1173151033. The Effect of group counseling with Rational Emotive Behavior Therapy Approach on Self Regulated Learning in Online Learning During the Covid-19 Pandemic in Class X Students of SMA Negeri 5 Binjai Academic Year 2021/2022. Essay. Guidance and Counseling Study Program. Faculty of Education, State University of Medan. 2021.

This study aims to determine whether there is an effect of group counseling on the rational emotive behavior therapy approach to self-regulated learning in online learning during the Covid-19 pandemic in class X SMA Negeri 5 Binjai in the 2021/2022 academic year. The method used in this study is a quantitative method. This type of research is a quasi-experimental with a pretest-posttestgroup design. The subjects in this study were 8 students of class X MIA-1 who had low self-regulated learning scores. The research data was collected using a self-regulated learning questionnaire for students in online learning during Covid-19, totaling 38 statement items that were valid and reliable. Questionnaires were given before and after the implementation of group counseling services. The data were analyzed using the Wilcoxon test to see if there was a significant effect of giving group counseling with the rational emotive behavior therapy approach to students' self-regulated learning in online learning during Covid-19. This can be obtained from the calculation results with the initial test score (pre-test) in the experimental group obtained an average = 64.3 while the post-test data obtained an average = 123. This can be obtained from the Wilcoxon test which shows that the level test Wilcoxon obtained Jcount = 15 while Jtable = 4. From the critical value table J for the Wilcoxon-signed level test for n = 8, = 0.05 according to the criteria for acceptance and rejection of the hypothesis, the hypothesis is accepted if Jcount > J table where 15 > 4, from This calculation can be seen in the treatment of the experimental group, meaning that the hypothesis is accepted. This shows that there is an effect of group counseling on the rational emotive behavior therapy approach to self-regulated learning in online learning during the Covid-19 pandemic in class X SMA Negeri 5 Binjai in the 2021/2022 academic year.

Keyword : Group Counseling Approach Rational Emotive Behavior Therapy, Self Regulated Learning.