

ABSTRACT

SINTA OKTAVIA. The Effect of Individual Counseling Services With Coping Strategies to Minimize Stress on Bullying Victims at Boarding School MTsS Ulumul Qur'an T.A 2021/2022. Thesis. Medan : Faculty of Education, State University of Medan. July 2022.

This study aims to determine the effect of individual counseling with coping strategies to reduce stress on victims of bullying at the Boarding School of MTsS Ulumul Qur'an for the Academic Year 2021/2022. The research approach used in this study is quantitative with the type of quasi-experimental research with One-Group Pretest-posttest Desaiht research design. The research subjects were 4 students at MTsS Ulumul Qur'an. The instrument used is a stress scale for bullying victims which is guided by a Likert scale given before and after the implementation of individual counseling services with coping strategies. The results showed the average score of the pre-test was 53.25 and the post-test was 81.75, with a major change in stress of the subject of bullying victims of 53.5%. After the data was analyzed using the Wilcoxon test with the results of $J_{count} = 3$ with $\alpha = 0.05$ and $n = 4$ so that the value of $J_{table} = 0$, from the data it can be seen that $J_{count} > J_{table}$ ($3 > 0$) and the results of the immediate assessment (LAISEG) with a value of the average obtained is 72.5%. So, it can be concluded that "There is a significant effect of individual counseling with coping strategies in helping to minimize stress on victims of bullying at Boarding School MTsS Ulumul Qur'an T.A 2021/2022".

Keywords: Coping Strategy Individual Counseling Services, Stress on Bullying Victims.



ABSTRAK

SINTA OKTAVIA. Pengaruh Layanan Konseling Individual Dengan Strategi Coping untuk Meminimalisir Stres Pada Korban Bullying di Boarding School MTsS Ulumul Qur'an T.A 2021/2022. Skripsi. Medan : Fakultas Ilmu Pendidikan Universitas Negeri Medan. Juli 2022.

Penelitian ini bertujuan untuk mengetahui pengaruh konseling individual dengan strategi coping untuk mengurangi stres pada korban bullying di *Boarding School* MTsS Ulumul Qur'an Tahun Ajaran 2021/2022. Pendekatan penelitian yang digunakan didalam penelitian ini adalah kuantitatif dengan jenis penelitian eksperimen semu (*quasi experiment*) dengan desain penelitian *One- Group Pretest-posttest Design*. Subjek penelitian berjumlah 4 orang siswa di MTsS Ulumul Qur'an. Instrumen yang digunakan berupa Skala stres pada korban bullying yang berpedoman pada Skala Likert yang diberikan sebelum dan sesudah pelaksanaan layanan konseling individual dengan strategi *coping*. Hasil penelitian menunjukkan skor rata-rata *pre-test* sebesar 53,25 dan *post-test* sebesar 81,75, dengan besar perubahan stres subjek korban bullying sebesar 53,5%. Setelah data di analisis menggunakan uji *Wilcoxon* dengan hasil $J_{hitung} = 3$ dengan $\alpha = 0,05$ dan $n = 4$ sehingga nilai $J_{tabel} = 0$, dari data tersebut terlihat bahwa $J_{hitung} > J_{tabel}$ ($3 > 0$) dan hasil penilaian segera (LAISEG) dengan nilai rata-rata yang diperoleh 72,5 %. Jadi, dapat disimpulkan bahwa “Ada pengaruh yang signifikan konseling individual dengan strategi coping dalam membantu meminimalisir stres pada korban bullying di Boarding School MTsS Ulumul Qur'an T.A 2021/2022”.

Kata Kunci : Layanan Konseling Individual Strategi Coping, Stres Pada Korban Bull ying.

