

## ABSTRACT

**CRISTIN MUTIARA DAMANIK. 2022. Efforts to Minimize the Level of Glossophobia Through Assertive Training Technique Group Counseling for Class X Students of SMAS Budi Murni 3 Medan. Thesis. Guidance and Counseling Department. Faculty of Education. State University of Medan.**

This research was conducted based on the phenomena found in the SMAS Catholic Budi Murni 3 Medan. From the results of interviews with BK teachers, there were students in class X. When the group assignments consisted of 5 people in 1 group, almost every group there were students who did not participate actively, avoided or chose to remain silent. This study aims to minimize the level of glossophobia through group counseling with Assertive Training techniques for class X students at SMAS Catholic Budi Murni 3 Medan. The type of research used is counseling guidance action research (PTBK). The population determined was class X students and the sampling technique in this study used purposive sampling. Based on the sampling technique, 8 students were determined as research subjects. The data collection tool used is the glossophobia scale, the results of the instrument validity test are 31 valid items from 40 items, and the instrument reliability is 0.893. The results showed that the level of glossophobia before being given group counseling services with assertive training techniques had an average score of 74.7%, after being given services the average score was 51,6% in the first cycle and the second cycle the average score was 40,7%. The conclusion of the study was that 87.5% of students experienced an increase in scores, namely being in the low category, so this research was successful and was carried out in only 2 cycles. It can be concluded that group counseling with assertive training techniques can minimize the level of glossophobia in class X students of SMAS Catholic Budi Murni 3 Medan.

**Keywords :** Group Counseling Techniques, assertive training, glossophobia

## ABSTRAK

**CRISTIN MUTIARA DAMANIK. 2022. Upaya Meminimalisir Tingkat *Glossophobia* Melalui Konseling Kelompok Teknik *Assertive Training* Pada Siswa Kelas X SMAS Budi Murni 3 Medan. Skripsi. Jurusan Bimbingan dan Konseling. Fakultas Ilmu Pendidikan, Universitas Negeri Medan.**

Penelitian ini dilakukan berdasarkan fenomena yang ditemukan di SMAS Katolik Budi Murni 3 Medan. Dari hasil wawancara dengan guru BK terdapat siswa di kelas X ketika tugas kelompok yang terdiri atas 5 orang dalam 1 kelompok, hampir setiap kelompok terdapat siswa yang tidak ikut berpartisipasi aktif, menghindar atau memilih diam saja. Penelitian ini bertujuan untuk meminimalisir tingkat *Glossophobia* melalui konseling kelompok teknik *Assertive Training* siswa kelas X SMAS Katolik Budi Murni 3 Medan. Jenis Penelitian yang digunakan adalah penelitian tindakan bimbingan konseling (PTBK). Populasi yang ditentukan adalah siswa kelas X dan teknik pengambilan sampel pada penelitian ini menggunakan *purposive sampling*. Berdasarkan teknik pengambilan sampel tersebut maka ditentukan 8 siswa sebagai subjek penelitian. Alat pengumpulan data yang digunakan adalah skala *glossophobia*, hasil uji validitas instrumen di peroleh 31 item yang valid dari 40 item, dan reliabilitas instrumen sebesar 0.893. Hasil penelitian menunjukkan bahwa tingkat *glossophobia* sebelum diberikan layanan konseling kelompok teknik *assertive training* rata-rata skor 74,7%, setelah diberikan layanan siklus I rata-rata skor menjadi 51,6% dan siklus II rata-rata skor menjadi 40,7%. Kesimpulan penelitian ialah 87,5% siswa mengalami peningkatan skor yaitu menjadi kategori rendah, sehingga penelitian ini berhasil dan dilaksanakan dengan 2 siklus. Dapat ditarik kesimpulan bahwa konseling kelompok teknik *assertive training* dapat meminimalisir tingkat *glossophobia* pada siswa kelas X SMAS Katolik Budi Murni 3 Medan.

**Kata Kunci :** Konseling Kelompok Teknik *assertive training*, *glossophobia*

