

ABSTRACT

WAHYUNI SARTIKA DEWI, NIM. 1181151005, The Effect of Group Counseling on Self Instruction Techniques on Academic Stress in Limited Face-to-Face Learning for Class X SMA NEGERI 4 MEDAN Academic Year 2021/2022. Thesis of the Department of Educational Psychology and Guidance, Faculty of Education, Medan State University, 2022.

This study aims to determine the effect of group counseling on self-instruction techniques on academic stress in limited face-to-face learning for class X SMA Negeri 4 Medan in the 2021/2022 academic year. This type of research is pre-experimental design with pretest-posttest group design. The study was conducted from April to May 2022. The subjects in this study were 8 students of class X IPA 6 SMA Negeri 4 Medan in the 2021/2022 academic year, which were taken using purposive sampling technique. The research data was collected using a student academic stress questionnaire totaling 32 statement items that were valid and reliable. The data from this study were analyzed using the Wilcoxon test. The data from the research shows $J_{count} > J_{table}$, $10 > 4$, then the hypothesis is accepted which means there is an effect with $n = 8, \alpha = 0.05$. The average pre-test data is 112,75, while the post-test average data is 61,25. This means that academic stress decreases after getting self-instruction technique group counseling services with a change in interval of 45,90%. This shows that there is an influence of self-instruction technique group counseling services on the academic stress of class X IPA 6 SMA Negeri 4 Medan academic year 2020/2021 or the hypothesis is accepted.

Keywords : Group Counseling, Self Instruction Techniques, Academic Stress

ABSTRAK

WAHYUNI SARTIKA DEWI, NIM. 1181151005, Pengaruh Konseling Kelompok Teknik Self Instruction Terhadap Stres Akademik Dalam Pembelajaran Tatap Muka Terbatas Siswa Kelas X SMA NEGERI 4 MEDAN Tahun Ajaran 2021/2022. Skripsi Jurusan Psikologi Pendidikan dan Bimbingan, Fakultas Ilmu Pendidikan, Universitas Negeri Medan, 2022.

Penelitian ini bertujuan untuk mengetahui pengaruh konseling kelompok teknik *self instruction* terhadap stres akademik dalam pembelajaran tatap muka terbatas siswa kelas X SMA Negeri 4 Medan Tahun Ajaran 2021/2022. Jenis penelitian ini yaitu *pre eksperimental design* dengan *pretest-posttest group design*. Penelitian dilaksanakan pada bulan April s/d Mei 2022. Subjek dalam penelitian ini adalah 8 orang siswa kelas X IPA 6 SMA Negeri 4 Medan Tahun Ajaran 2021/2022 yang diambil dengan menggunakan teknik *purposive sampling*. Data penelitian dikumpulkan dengan angket stres akademik siswa berjumlah 32 item pernyataan yang telah valid dan reliabel. Data hasil penelitian ini dianalisis dengan uji *wilcoxon*. Data dari penelitian menunjukkan $J_{hitung} > J_{tabel}$, $10 > 4$, maka hipotesis diterima yang berarti terdapat pengaruh dengan $n = 8$, $\alpha = 0,05$. Data rata-rata *pre-test* yaitu 112,75, sedangkan data rata-rata *post-test* yaitu 61,25. Artinya stres akademik menurun setelah mendapatkan layanan konseling kelompok teknik *self instruction* dengan perubahan interval sebesar 45,90%. Hal ini menunjukkan ada pengaruh layanan konseling kelompok teknik *self instruction* terhadap stres akademik siswa kelas X IPA 6 SMA Negeri 4 Medan Tahun Ajaran 2021/2022 atau hipotesis diterima.

Kata Kunci : Konseling Kelompok, Teknik *Self Instruction*, Stres Akademik

