

## ABSTRACT

**WINDA AYU LESTARI. The Effect of Assertive Training Technique Group Counseling Services on Changes in Students' Passive Behavior in Studying at SMA Negeri 11 Medan TA. 2021/2022. Undergraduate Thesis. Educational Psychology and Guidance Study Program. Faculty of Education. Medan State University. 2022.**

This study aims to determine the effect of group counseling services with assertive training techniques on changes in passive behavior of students in XI science class learning at SMA Negeri 11 Medan. This research approach is quantitative with a quasi-experimental method with a time series research design. The results shows that the group counseling service with the assertive training technique success in reduces the passive behavior of students in learning with an average score of the student passive behavior in learning questionnaire of 127,25 and the average post-test score on the student passive behavior in learning questionnaire of 75,75 with a difference in value of 51,5 and a percentage decrease of 40.47%. Base on this results, hypothesis testing using the Wilcoxon signed rank test was carried out with  $\alpha = 0,05$  and  $N = 8$ , the results of the J count J critical of the Wilcoxon test were  $(0 \leq J \leq 4)$ , then  $H_0$  rejects and  $H_a$  accepts. Thus, there is a difference in scores before and before being gives training group counseling services as well as hypothesis testing, so it can be facts that the assertive training group counseling service towards changes in students' passive behavior in learning.

**Keywords: Student Passive Behavior, Group Counseling, Assertive Training Techniques**



## ABSTRAK

**WINDA AYU LESTARI. Pengaruh Layanan Konseling Kelompok Teknik Latihan Asertif terhadap Perubahan Perilaku Pasif Siswa dalam Belajar di SMA Negeri 11 Medan TA. 2021/2022. Skripsi. Program Studi Psikologi Pendidikan dan Bimbingan. Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2022.**

Penelitian ini bertujuan untuk mengetahui pengaruh layanan konseling kelompok teknik latihan asertif terhadap perubahan perilaku pasif siswa dalam belajar siswa kelas XI IPA di SMA Negeri 11 Medan. Pendekatan penelitian ini kuantitatif dengan metode eksperimen semu (*quasi-experiment*) dengan desain penelitian *time series*. Hasil penelitian menunjukkan bahwa layanan konseling kelompok teknik latihan asertif berhasil mengurangi perilaku pasif siswa dalam belajar dengan rata-rata skor *pre-test* angket perilaku pasif siswa dalam belajar adalah sebesar 127,25 dan rata-rata skor *post-test* pada angket perilaku pasif siswa dalam belajar sebesar 75,75 dengan selisih skor sebesar 51,5 dan persentase penurunan sebesar 40,47%. Berdasarkan hasil tersebut kemudian dilakukan pengujian hipotesis menggunakan uji *Wilcoxon signed rank test* dengan  $\alpha = 0,05$  dan  $N=8$ , didapatkan hasil  $J$  hitung  $\leq J$  kritis uji *Wilcoxon* yakni ( $0 \leq 4$ ), maka  $H_0$  ditolak dan  $H_a$  diterima. Dengan demikian, terdapat perbedaan skor sebelum dan sesudah diberikan layanan konseling kelompok teknik latihan asertif serta pengujian hipotesis, sehingga dapat disimpulkan bahwa layanan konseling kelompok teknik latihan asertif memiliki pengaruh terhadap perubahan perilaku pasif siswa dalam belajar.

**Kata Kunci : Perilaku Pasif Siswa, Konseling Kelompok, Teknik Latihan Asertif**

