

ABSTRAK

CHANDRA WAHYUDI. Pengaruh Layanan Konseling Kelompok Pendekatan *Behavioral* Teknik *Assertive Training* Terhadap Konformitas Negatif Siswa Kelas X IPA-II SMA Negeri 10 Medan Tahun Ajaran 2022/2023. Skripsi. Medan : Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2023.

Penelitian ini bertujuan untuk mengetahui pengaruh layanan konseling kelompok pendekatan *behavioral* teknik *assertive training* terhadap konformitas negatif siswa kelas X IPA-II SMA Negeri 10 Medan Tahun Ajaran 2022/2023. Jenis penelitian ini merupakan penelitian kuantitatif dengan desain eksperimen semu (*quasi experiment*) *pretest-posttest group design*. Subjek dalam penelitian ini adalah 7 orang siswa kelas X IPA-II yang memiliki skor konformitas negatif yang tinggi. Data penelitian dikumpulkan dengan angket konformitas negatif siswa berjumlah 41 item pernyataan yang telah valid dan reliabel. Angket diberikan sebelum dan sesudah pelaksanaan layanan konseling kelompok pendekatan *behavioral* teknik *assertive training*. Data dianalisis menggunakan uji *wilcoxon* untuk melihat apakah ada pengaruh signifikan pemberian layanan konseling kelompok pendekatan *behavioral* teknik *assertive training* terhadap konformitas negatif siswa. Hal ini dapat diperoleh hasil perhitungan dengan skor tes awal (*pre-test*) pada kelompok eksperimen diperoleh rata-rata = 128,142 sedangkan data *post-test* diperoleh rata-rata = 68,285. Hal ini dapat diperoleh dari uji *wilcoxon* yang menunjukkan bahwa uji jenjang *wilcoxon* untuk $n = 7$ dan $\alpha = 0,05$ maka diperoleh $J_{tabel} = 2$. Sesuai dengan kriteria penerimaan dan penolakan hipotesis, hipotesis diterima jika $J_{hitung} > J_{tabel}$ dimana $6 > 2$, dari perhitungan ini dapat dilihat perlakuan pada kelompok eksperimen artinya hipotesis diterima. Dari hasil uji reliabilitas, nilai *cronbach alpha* sebesar (0,892). Nilai tersebut lebih besar dari nilai J_{tabel} dengan taraf signifikansi sebesar 5% atau koefisiensi $\alpha > 0,339$ maka item dinyatakan sangat reliabel. Hasil penelitian ini menunjukkan ada pengaruh layanan konseling kelompok pendekatan *behavioral* teknik *assertive training* terhadap konformitas negatif siswa kelas X IPA-II SMA Negeri 10 Medan Tahun Ajaran 2022/2023.

Kata Kunci: Konseling Kelompok Pendekatan *Behavioral* Teknik *Assertive Training*, Konformitas Negatif

ABSTRACT

CHANDRA WAHYUDI. The Effect of Group Counseling Services Behavioral Approach Assertive Training Techniques on Negative Conformity of Class X IPA-II Students of SMA Negeri 10 Medan Academic Year 2022/2023. Skripsi. Medan : Faculty of Education. State University of Medan. 2023.

This study aims to determine the effect of group counseling services using the behavioral approach of assertive training techniques on the negative conformity of class X IPA-II students of SMA Negeri 10 Medan in the 2022/2023 Academic Year. This type of research is quantitative research with a quasi-experimental pretest-posttest group design. The subjects in this study were 7 students from class X IPA-II who had high negative conformity scores. Research data was collected using a student negative conformity questionnaire totaling 41 statement items which were valid and reliable. Questionnaires were given before and after the implementation of group counseling services with a behavioral approach to assertive training techniques. Data were analyzed using the Wilcoxon test to see whether there was a significant effect of providing group counseling services with the behavioral approach of assertive training techniques on students' negative conformity. This can be obtained from the calculation results with the initial test score (pre-test) in the experimental group obtained an average = 128.142 while the post-test data obtained an average = 68.285. This can be obtained from the Wilcoxon test which shows that the Wilcoxon level test for $n = 7$ and $\alpha = 0.05$ then $J_{table} = 2$. In accordance with the criteria for accepting and rejecting the hypothesis, the hypothesis is accepted if $J_{count} > J_{table}$ where $6 > 2$, from the calculation This can be seen from the treatment in the experimental group, meaning the hypothesis is accepted. From the results of the reliability test, the cronbach alpha value is (0.892). This value is greater than the J table value with a significance level of 5% or coefficient $\alpha > 0.339$, so the item is declared very reliable. The results of this study indicate that there is an influence of group counseling services using the behavioral approach of assertive training techniques on the negative conformity of class X IPA-II students of SMA Negeri 10 Medan, Academic Year 2022/2023.

Keywords: Behavioral Approach Group Counseling Assertive Training Techniques, Negative Conformity