

ABSTRAK

ENDAMIA MARIA BR. SIHOTANG. Efektivitas Layanan Konseling Kelompok Teknik Self-Management Dalam Meminimalisir Perilaku Phubbing Siswa Kelas XI BDP 1 SMK Negeri 2 Balige TA 2022/2023. Skripsi. Medan: Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2023.

Penelitian ini bertujuan untuk membantu peserta didik meminimalisir perilaku Phubbing dalam memecahkan masalah yang dialaminya dengan memberikan pemahaman tentang pengendalian diri terkait pikiran, perasaan dan tindakan terhadap perilaku Phubbing yang di alami agar dapat terminimalisir melalui layanan konseling kelompok teknik self-management yang akan diberikan pada siswa kelas XI BDP 1 SMK Negeri 2 Balige. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif. Jenis penelitian ini adalah eksperimen semu (Quasi Experimen). Subjek dalam penelitian ini adalah 10 orang siswa kelas XI BDP 1 yang memiliki perilaku phubbing tinggi. Data penelitian dikumpulkan dengan menggunakan skala angket perilaku phubbing berjumlah 37 item pernyataan yang valid dan reliabel. Angket diberikan sebelum dan sesudah dilaksanakan layanan konseling kelompok. Data skor rata-rata pre-test 123,8 dan skor rata-rata post-test 57,9 maka selisih skor rata-rata 65,9 serta mengalami penurunan 53%. Data dianalisis dengan menggunakan uji Wilcoxon untuk melihat apakah ada perubahan positif dan signifikan pemberian layanan konseling kelompok teknik self-management. Berdasarkan hasil perhitungan uji Wilcoxon jumlah jenjang bertanda positif = 28 dan jumlah jenjang bertanda negatif = 27. Jadi nilai $J = 28$ yaitu jumlah jenjang yang lebih besar. Dari tabel nilai kritis J untuk uji jenjang bertanda Wilcoxon dengan $n = 10$, $\alpha = 0,05$, maka diperoleh nilai $J_{table} = 8$. Berdasarkan hasil uji Wilcoxon diperoleh hasil bahwa $J_{hitung} > J_{table}$ dimana $28 > 8$. Artinya bahwa pemberian layanan konseling kelompok teknik self-management efektif dalam meminimalisir perilaku phubbing siswa kelas XI BDP 1 SMK Negeri 2 Balige.

Kata Kunci : Konseling Kelompok, Teknik Self-management, Phubbing

ABSTRACT

ENDAMIA MARIA BR. SIHOTANG. Effectiveness of Self Management Technique Group Counseling Services in Minimizing Phubbing Behavior in Class XI BDP 1 Students of SMK Negeri 2 Balige TA 2022/2023. Skripsi. Medan: Faculty of Education. State University of Medan. 2023.

This study aims to help students minimize Phubbing behavior in solving the problems they experience by providing an understanding of self-control related to thoughts, feelings and actions towards experienced Phubbing behavior so that it can be minimized through self-management technique group counseling services that will be given to class students XI BDP 1 SMK Negeri 2 Balige. The method used in this research is a quantitative method. This type of research is a quasi experiment (Quasi Experiment). The subjects in this study were 10 students of class XI BDP 1 who had high phubbing behavior. The research data was collected using a phubbing behavior questionnaire scale totaling 37 valid and reliable statement items. Questionnaires were given before and after the implementation of group counseling services. The average pre-test data score was 123.8 and the post-test average score was 57.9, so the difference in the average score was 65.9 and experienced a 53% decrease. Data were analyzed using the Wilcoxon test to see if there were positive and significant changes in the delivery of self-management technique group counseling services. Based on the calculation results of the Wilcoxon test, the number of levels marked positive = 28 and the number of steps marked negative = 27. So the value of $J = 28$, which is the number of levels that is larger. From the table of critical values J for the Wilcoxon marked level test with $n = 10$, $\alpha = 0.05$, the value of $J_{table} = 8$ is obtained. Based on the results of the Wilcoxon test, the result is that $J_{count} > J_{table}$ where $28 > 8$. This means that the Provision of Group Counseling Services with Self-management techniques is effective in minimizing phubbing behavior for class XI BDP 1 students of SMK Negeri 2 Balige.

Keywords: Group Counseling, Self-management Techniques, Phubbing