

ABSTRAK

JAPOLTAK GULTOM. Pengaruh Konseling Kelompok Teknik Problem Solving Untuk Pengendalian Emosi Negatif Remaja Pelaku Bullying DI SMP N 2 SEI BAMBAN T.A 2022/2023. Skripsi: Medan. Fakultas Ilmu Pendidikan. Universitas Negeri Medan 2024.

Penelitian ini bertujuan untuk mengetahui pengaruh layanan konseling kelompok teknik *Problem Solving* untuk pengendalian emosi negatif remaja pelaku *bullying* di SMPN 2 Sei Bambi T.A 2022/2023. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif. Jenis penelitian yang digunakan adalah jenis penelitian *semu-eksperimen* dengan *one group pre-test post-test*. Subjek dalam penelitian ini adalah 8 orang siswa kelas VIII yang memiliki tingkat pengendalian emosi rendah. Data ini dikumpulkan dengan menggunakan angket pengendalian emosi yang berjumlah 27 pertanyaan yang telah valid dan reliabel. Angket diberikan sebelum dan sesudah diberikan layanan konseling kelompok teknik *problem solving*. Analisis data yang digunakan adalah dengan menggunakan uji *Wilcoxon*, untuk melihat apakah ada pengaruh signifikan pemberian konseling kelompok teknik *problem solving* untuk pengendalian emosi negatif remaja pelaku *bullying*. Hasil analisis diperoleh dengan hasil skor total *pre-test* sebesar 461 dan skor total *post-test* sebesar 849. Maka diperoleh selisih skor sebesar 388, artinya bahwa seluruh subjek atau responden mengalami peningkatan pengendalian emosi negative remaja pelaku *bullying* sebesar 45,70%. Berdasarkan hasil uji *Wilcoxon* diperoleh hasil bahwa $J_{hitung} > J_{tabel}$ dimana $17 > 4$, artinya hipotesis diterima. Dengan demikian dapat disimpulkan bahwa “Terdapat Pengaruh Konseling Kelompok Teknik Problem Solving untuk Pengendalian Emosi Negatif Remaja Pelaku Bullying di SMP N 2 Sei Bambi T.A 2022/2023”.

Kata Kunci : Konseling Kelompok, Teknik *Problem Solving*, Pengendalian Emosi Negatif



ABSTRACT

JAPOLTAK GULTOM. The Effect Of Group Counseling Problem Solving Techniques For Controlling Negative Emotions of Teenagers Performing Bullying at SMP N 2 Sei Bamban T.A 2022/2023. Skripsi: Medan. Fakultas Ilmu Pendidikan. Universitas Negeri Medan 2024.

This research aimed to investigate the impact of group guidance services using the Problem Solving technique on controlling negative emotions in adolescent bullies at SMPN 2 Sei Bamban for the academic year 2022/2023. The method employed in this study was quantitative research. It utilized a quasi-experimental design with a one-group pre-test post-test approach. The subjects of the study were 8 eighth-grade students with low levels of emotional control. Data were collected using a 27-item emotional control questionnaire that had been validated and proven reliable. The questionnaire was administered before and after the group guidance services using the Problem Solving technique. Data analysis was conducted using the Wilcoxon test to determine whether there was a significant influence of the group guidance services using the Problem Solving technique on controlling negative emotions in adolescent bullies. The results of the analysis showed a pre-test total score of 461 and a post-test total score of 849, resulting in a score difference of 388. This indicated that all subjects or respondents experienced a 45.70% increase in controlling negative emotions in adolescent bullies. Based on the Wilcoxon test results, it was found that the calculated value (Jhitung) was greater than the table value (Jtabel), where $17 > 4$, meaning that the hypothesis was accepted. Therefore, it can be concluded that "There is an Influence of Group Counseling Problem Solving Techniques For Controlling Negative Emotions of Teenagers Performing Bullying at SMP N 2 Sei Bamban at SMPN 2 Sei Bamban for the Academic Year 2022/2023."

Keywords : Group Counseling, Problem Solving Techniques, Controlling Negative Emotions