

ABSTRAK

KIKI KUSNITA SIREGAR. Pengaruh Konseling Individual Teknik *assertive training* Terhadap Perilaku Asertif Menghadapi *Bullying* Kelas X IPA SMA Negeri 12 Medan Tahun Ajaran 2023/2024. Skripsi: Medan. Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2024.

Penelitian ini bertujuan untuk mengetahui pengaruh konseling individual teknik *assertive training* terhadap perilaku asertif menghadapi *bullying* Kelas X IPA SMAN 12 Medan Tahun Pelajaran 2023/2024. Rumusan Masalah dalam penelitian ini adalah : apakah ada pengaruh konseling individual teknik *assertive training* terhadap perilaku asertif menghadapi *bullying* di kelas X-IPA SMAN 12 Medan tahun ajaran 2023/2024?. Metode Penelitian yang digunakan dalam penelitian ini adalah metode kuantitatif pendekatan eksperimen semu (Quest Eksperimen). Subjeck penelitian ini ada 4 orang siswa kelas X-10 yang memiliki skor perilaku asertif menghadapi *bullying* Rendah. Instrument yang digunakan adalah mengukur skala perilaku asertif menghadapi *bullying* yang berjumlah 35 item pertanyaan yang valid dan reliable, . Instrument diberikan sebelum dan sesudah pelaksanaan layanan konseling individual. Teknik analisis data yang digunakan dalam penelitian ini adalah teknik analisis Wilcoxon dengan $\alpha = 0,05$. Hasil penelitian ini menunjukkan bahwa sebelum (pre-test) dilakukan konseling individual teknik *assertive training* sebesar 69,5 dan setelah dilakukan konseling individual teknik *assertive training* diperoleh sebesar 110,5. Dengan hasil uji Wilcoxon dengan nilai rank terkecil yaitu 5. Sehingga $J_{hitung} = 5$, $\alpha = 0,05$, dan $n=4$, maka diperoleh $J_{tabel} = 0$. Berdasarkan hasil uji Wilcoxon maka diperoleh $J_{hitung} > J_{tabel}$ dimana $5 > 0$. Jadi dapat dikatakan terdapat ‘‘pengaruh konseling individual teknik *assertive training* terhadap perilaku asertif menghadapi *bullying* Kelas X IPA SMAN 12 Medan ‘’. Hal ini Hipotesisnya dapat diterima.

Kata Kunci : Konseling Individual, Teknik *Assertive Training*, Perilaku Asertif Menghadapi *Bullying*

ABSTRACT

KIKI KUSNITA SIREGAR, The Effect of Individual Counseling on Assertive Training Techniques on Assertive Behavior Facing Bullying Class X Science SMA Negeri 12 Medan Tahun Ajaran 2023/2024. Skripsi: Medan. Faculty of Education. Universitas Negeri Medan. 2024.

This research aims to determine the effect of individual counseling on assertive training techniques on assertive behavior in dealing with bullying in Class X Science at SMAN 12 Medan for the 2023/2024 academic year. The formulation of the problem in this research is: is there an effect of individual counseling using assertive training techniques on victims of assertive behavior facing bullying in class X-IPA at SMAN 12 Medan in the 2023/2024 academic year? The research method used in this research is a quantitative method quest eksperimen . The subjects of this research were 4 students in class X-10 who had high assertive behavior scores in the face of bullying. The instrument used is to measure the scale of assertive behavior in dealing with bullying, which consists of 45 valid and reliable question items. Instruments were given before and after the implementation of individual counseling services. The data analysis technique used in this research is the Wilcoxon analysis technique with $\alpha = 0.05$. The results of this research show that before (pre-test) individual counseling was carried out, the assertive training technique was 110.5 and after individual counseling was carried out, the assertive training technique was 69.5. With the Wilcoxon test results with the smallest rank value, namely 5. So $J_{hitung} = 5$, $\alpha = 0.05$, and $n=4$, then we get $J_{tabel} = 0$. Based on the Wilcoxon test results, we get $J_{hitung} > J_{tabel}$ where $5 > 0$. So it can be said There is "the influence of individual counseling on assertive training techniques on assertive behavior in dealing with bullying in Class X Science at SMAN 12 Medan". This hypothesis can be accepted.

Keywords : Individual Counseling, Assertive Training Techniques, Assertive Behavior in Facing Bullying.