

ABSTRAK

DITA ANGGI DAMANIK. Pengaruh Layanan Konseling Kelompok Teknik *Self-Regulation Of Emotion* Terhadap Perilaku Agresif Verbal Siswa SMA Swasta Prayatna Medan tahun Ajaran 2023/2024. Skripsi. Medan. Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2024.

Penelitian ini bertujuan untuk mengetahui dan menganalisis pengaruh konseling kelompok teknik *self-regulation of emotion* dengan perilaku agresif verbal pada siswa SMA Swasta Prayatna Medan Tahun Ajaran 2023/2024. Pendekatan penelitian ini yaitu eksperimen semu (*Quasi Experiment*) dengan desain penelitian Kelompok Tunggal (*desain one group pre-test-posttest*). Subjek dalam penelitian ini adalah seluruh siswa kelas XI IPS di SMA Swasta Prayatna Medan dengan total populasi sebanyak 56 responden dan melalui screening data diperoleh 8 siswa yang akan menjadi sampel dalam penelitian pada layanan konseling kelompok teknik *self-regulation of emotion*. Metode pengumpulan data menggunakan observasi dan kuisioner tertutup dengan skala perilaku agresif verbal. Analisis data penelitian ini menggunakan *Uji Wilcoxon* sebagai uji hipotesisi. Berdasarkan hasil analisis data dengan uji Wilcoxon melalui bantuan *SPSS Sttistic versi 25.0* diketahui bahwa nilai *Asymp Sig. (2 tailed)* lebih kkecil dari 0,05 atau $0,012 < 0,05$. Data skor rata-rata rata-rata keseluruhan pre-test 93 dan 60,75 dengan selisih penurunan sebesar 32,25 atau 35%. Artinya ada perubahan selisih berdasarkan selisih penurunan perilaku agresif verbal yang tinggi setelah diberikan layanan konseling kelompok teknik *self-regulation of emotion*. Dengan kata lain hipotesisi dalam penelitian ini diterima. Berdasarkan hasil penelitian menunjukkan bahwa terdapat pengaruh layanan konseling kelompok teknik *self-regulation of emotion* terhadap perilaku agresif verbal siswa di SMA Swasta Prayatna Medan Tahun Ajaran 2023/2024.

Kata Kunci : Perilaku Agresif Verbal, Konseling Kelompok, *Self-regulation Of Emotion*

ABSCTRACT

DITA ANGGI DAMANIK. The Effect of Group Counseling Self-Regulation Of Emotion Techniques on Verbal Aggressive Behavior of Students of SMA Swasta Prayatna Medan in the 2023/2024 Academic Year. Skripsi. Medan. Guidance and Counseling Study Program. Faculty of Education. State University of Medan. 2024.

This study aims to determine and analyze the effect of group counseling on self-regulation of emotion techniques with verbal aggressive behavior in students of SMA Swasta Prayatna Medan in the 2023/2024 academic year. This research approach is a quasi-experiment with a single group research design (one group pre-test-posttest design). The subjects in this study were all students in class XI IPS at SMA Swasta Prayatna Medan with a total population of 56 respondents and through data screening obtained 8 students who would become samples in research on group counseling services for self-regulation of emotion techniques. Data collection methods using observation and closed questionnaires with verbal aggressive behavior scales. This research data analysis uses the Wilcoxon Test as a hypothesis test. Based on the results of data analysis with the Wilcoxon test through the help of SPSS Sttistic version 25.0, it is known that the value of Asymp Sig. (2 tailed) is smaller than 0.05 or $0.012 < 0.05$. The overall average score data of pre-test 93 and 60.75 with a difference of 32.25 or 35% decrease. This means that there is a change in the difference based on the difference in the decrease in high verbal aggressive behavior after being given group counseling services for self-regulation of emotion techniques. In other words, the hypothesis in this study is accepted. Based on the results of the study, it shows that there is an effect of group counseling services on self-regulation of emotion techniques on the verbal aggressive behavior of students at Prayatna Medan Private High School in the 2023/2024 academic year.

Keywords: Verbal Aggressive Behavior, Group Counseling, Self-regulation Of Emotion

