

ABSTRAK

HASANAH PRATIWI. Pengaruh Layanan Konseling Kelompok Teknik *Assertive Training* Terhadap *Toxic Friendship* Siswa Kelas VIII SMP Swasta Kencana Sastra Tahun Ajaran 2024/2025. Skripsi. Medan: Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2025.

Penelitian ini bertujuan untuk mengetahui dan menganalisis pengaruh konseling kelompok teknik *assertive training* terhadap *toxic friendship* siswa kelas VIII di SMP Swasta Kencana Sastra Tahun Ajaran 2024/2025. Pendekatan penelitian ini yaitu eksperimen semu (*Quasi Experiment*) dengan desain penelitian Kelompok Tunggal (*desain one group pretest-posttest*). Subjek dalam penelitian ini adalah seluruh siswa kelas VIII di SMP Swasta Kencana Sastra dengan total populasi ada 49 responden dan melalui screening data diperoleh 7 siswa yang akan menjadi subjek penelitian pada layanan konseling kelompok teknik *assertive training*. Metode pengumpulan data menggunakan kuesioner tertutup dengan skala *toxic friendship*. Analisis data penelitian ini menggunakan uji *Wilcoxon* sebagai uji hipotesis. Berdasarkan hasil analisis data dengan uji *Wilcoxon* dengan bantuan SPSS *Statistic versi 25* diketahui bahwa nilai *Asymp Sig. (2-tailed)* lebih kecil dari 0,05 atau $0,018 < 0,05$. Data skor rata-rata keseluruhan *pre-test* 215,57 dan *post-test* 139,86 dengan selisih 75,71 atau 35,12%. Artinya ada perubahan selisih penurunan perilaku *toxic friendship* yang tinggi setelah diberikan layanan konseling kelompok teknik *assertive training*. Dengan kata lain hipotesis dalam penelitian ini diterima. Berdasarkan hasil penelitian menunjukkan bahwa terdapat pengaruh layanan konseling kelompok teknik *assertive training* terhadap perilaku *toxic friendship* siswa kelas kelas VIII di SMP Swasta Kencana Tahun Ajaran 2024/2025.

Kata Kunci : *Toxic Friendship*, Konseling Kelompok, *Assertive Training*



ABSTRACT

HASANAH PRATIWI. The Effect of Group Counseling Services Using Assertive Training Techniques on Toxic Friendship of Class VIII Students of Kencana Sastra Private Middle School in the 2024/2025 Academic Year. Skripsi. Medan: Faculty of Education. Universitas Negeri Medan. 2025.

This study aims to determine and analyze the effect of assertive training technique group counseling on the toxic friendships of class VIII students at Kencana Sastra Private Middle School in the 2024/2025 academic year. This research approach is a quasi-experiment with a single-group research design (one-group pretest-posttest design). The subjects in this study were all class VIII students at Kencana Sastra Private Middle School, with a total population of 49 respondents. Through data screening, 7 students were obtained who would be the subjects of the research on the assertive training technique group counseling service. The data collection method used a closed questionnaire with a toxic friendship scale. Data analysis of this study used the Wilcoxon test as a hypothesis test. Based on the results of data analysis with the Wilcoxon test with the help of SPSS Statistics version 25, it is known that the Asymp Sig (2-tailed) value is less than 0.05, or $0.018 < 0.05$; the overall average score data for the pre-test is 215.57, and the post-test is 139.86, with a difference of 75.71, or 35.12%. This means that there is a change in the difference in the decrease in highly toxic friendship behavior after being given group counseling services using the assertive training technique. In other words, the hypothesis in this study is accepted. Based on the study's results, show an effect of group counseling services using the assertive training technique on the toxic friendship behavior of class VIII students at SMP Swasta Kencana in the 2024/2025 academic year.

Keywords: Toxic Friendship, Group Counseling, Assertive Training

