

ABSTRAK

NADYA YUSRINDA AZARIN. Pengaruh Layanan Bimbingan Kelompok Teknik *Self-Instruction* Dalam Mengatasi Perilaku *Insecure* Pada Siswa SMK Negeri 1 Medan. Skripsi. Medan: Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2025.

Penelitian ini bertujuan untuk mengetahui pengaruh layanan bimbingan kelompok dalam mengatasi perilaku *insecure* siswa di SMK Negeri 1 Medan. Penelitian ini menggunakan jenis penelitian kuantitatif dengan metode eksperimen dengan menggunakan desain *The one group pretest-posttest design*. Subjek penelitian ini berjumlah 10 orang yang dipilih melalui Teknik *purposive sampling* melalui hasil analisis angket perilaku *insecure* tertinggi. Hasil validasi ditemukan 30 butir pernyataan angket perilaku *insecure* valid pada 30 orang siswa dengan ketentuan $r_{hitung} > r_{tabel}$. Hasil reliabilitas angket perilaku *insecure* dalam kategori tinggi telah memenuhi koefisien reliabilitas sehingga dapat digunakan sebagai alat pengumpulan data dengan $r_{11} > r_{tabel}$. Analisis data dalam penelitian ini menggunakan uji Wilcoxon melalui program SPSS Ver. 30.0 for windows, dengan hasil nilai Z sebesar -2.807 dan nilai *asympt sig. (2-tailed)* 0.005 lebih kecil dari Tingkat $\alpha = 5\%$ ($0,05$) sehingga didapatkan bahwa H_1 diterima dan H_0 ditolak, maka. Hal ini dapat terlihat pula pada hasil rata-rata skor awal pre-test sebesar $87,5$ sedangkan hasil skor rata-rata post-test sebesar $45,9$. Hal ini menunjukkan bahwa ada pengaruh layanan bimbingan kelompok Teknik *self-instruction* dalam mengatasi perilaku *insecure* siswa SMK N 1 Medan T.A 2024/2025.

Kata Kunci : Layanan Bimbingan Kelompok, *Self-Instruction*, Perilaku *Insecure*.

ABSTRACT

NADYA YUSRINDA AZARIN. The Effect of Self-Instruction Technique Group Guidance Services in Overcoming Insecure Behavior in Students of SMK Negeri 1 Medan. Skripsi. Medan: Faculty of Education. State University Of Medan. 2025.

This study aims to determine the influence of group guidance services in overcoming students' insecure behavior at SMK Negeri 1 Medan. This study uses a type of quantitative research with an experimental method using The one group pretest-posttest design. The subjects of this study were 10 people who were selected through the purposive sampling technique through the results of the analysis of the highest insecure behavior questionnaire. The validation results found that 30 items of insecure behavior questionnaire statements were valid for 30 students with the provision of calculation >table. The results of the high category of insecure behavior questionnaire have met the reliability coefficient so that it can be used as a data collection tool with $r_{11} > r_{table}$. The data analysis in this study used the Wilcoxon test through the SPSS Ver. 30.0 for windows program, with a Z value of $-2,807$ and an asymp sig value. (2-tailed) 0.005 is less than Rate $\alpha = 5\%$ (0.05) so it is obtained that H_1 is accepted and H_0 is rejected, then. This can also be seen in the average result of the initial pre-test score of 87.5 while the average post-test score is 45.9 . This shows that there is an influence of the Self-Instruction Engineering group guidance service in overcoming insecure behavior of SMK N 1 Medan T.A 2024/2025 students.

Keywords: Group Guidance Services, Self-Instruction, Insecure Behavior