

ABSTRAK

NAFTALIA ELIZABET NABABAN. Pengaruh Layanan Konseling Kelompok Teknik Anger Management Terhadap Pengendalian Emosi Pelaku Bullying di SMA Negeri 17 Medan Tahun Ajaran 2024/2025. Skripsi. Medan : Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2025.

Penelitian dilaksanakan untuk mengetahui pengaruh layanan konseling kelompok teknik anger management terhadap pengendalian emosi pelaku bullying di SMAN 17 Medan Tahun Ajaran 2024/2025. Pendekatan dalam penelitian ini adalah penelitian kuantitatif metode eksperimen semu dengan menggunakan desain One Group Pre-test dan Post-Test design. Subjek penelitian ini berjumlah 8 orang yang dipilih secara *random sampling*, dengan menggunakan skala pengendalian emosi. Hasil validasi ditemukan 29 pernyataan angket pengendalian emosi valid pada populasi eksperimen sebanyak 35 siswa dengan ketentuan $r_{hitung} > r_{tabel}$. Hasil reliabilitas diperoleh angket pengendalian emosi 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, dengan hasil $J_{hitung} = 15$ sedangkan $J_{tabel} = 8$, dari tabel krisis untuk uji jenjang bertanda Wilcoxon untuk $n = 8$, $\alpha = 0,05$ sesuai dengan kriteria penerimaan dan penolakan hipotesis, hipotesis dapat diterima jika $J_{hitung} > J_{tabel}$, dimana $15 > 8$. Hal ini dapat dilihat melalui hasil perhitungan dengan skor awal Pre-test diperoleh total 517 dengan rata-rata 64,63 dan skor Post-test diperoleh total 774 dengan rata-rata 96,75 maka diperoleh perhitungan pengendalian marah siswa mencapai 49%. Berdasarkan temuan hasil penelitian tersebut, menunjukkan bahwa ada pengaruh layanan konseling kelompok teknik anger management terhadap pengendalian emosi pelaku bullying di SMAN 17 Medan Tahun Ajaran 2024/2025.

Kata Kunci: Layanan Konseling Kelompok Teknik *Anger Management*, Pengendalian Emosi.



ABSTRACT

NAFTALIA ELIZABET NABABAN. The Effect of Group Counseling Services with Anger Management Techniques on Emotional Control of Bullying Perpetrators at SMA Negeri 17 Medan in the 2024/2025 Academic Year. Skripsi. Medan : Faculty of Science Education. Medan State University. 2025.

The study was conducted to determine the effect of group counseling services using anger management techniques on controlling the emotions of bullying perpetrators at SMAN 17 Medan in the 2024/2025 Academic Year. The approach in this study is a quantitative research quasi-experimental method using the One Group Pre-test and Post-Test design. The subjects of this study were 8 people who were selected by random sampling, using an emotional control scale. The validation results found 29 valid emotional control questionnaire statements in the experimental population of 35 students with the provision of $r_{count} > r_{table}$. The reliability results obtained by the emotional control questionnaire in the high category have met the reliability coefficient, so that it can be used as a data collection tool with $r_{11} > r_{table}$. Data analysis in this study used the Wilcoxon Test, with the results of $J_{count} = 15$ while $J_{table} = 8$, from the crisis table for the Wilcoxon signed-rank test for $n = 8$, $\alpha = 0.05$ according to the criteria for acceptance and rejection of the hypothesis, the hypothesis can be accepted if $J_{count} > J_{table}$, where $15 > 8$. This can be seen through the results of the calculation with the initial Pre-test score obtained a total of 517 with an average of 64.63 and the Post-test score obtained a total of 774 with an average of 96.75, then the calculation of student anger control reached 49%. Based on the findings of the research results, it shows that there is The Effect of Group Counseling Services with Anger Management Techniques on Emotional Control of Bullying Perpetrators at SMA Negeri 17 Medan in the 2024/2025 Academic Year.

Keywords: Counseling Services with Anger Management Techniques, Emotional Control.

