

ABSTRAK

ELVIANI SINAGA. Pengaruh layanan Konseling Kelompok Teknik *Cognitive Restructuring* Terhadap Penurunan *Academic Burnout* Pada Sekolah *Fullday* Siswa Kelas XI SMA Negeri 1 Batang Kuis T.A 2025/2026. Skripsi. Medan: Fakultas Ilmu Pendidikan. Universitas Negeri Medan 2026.

Fokus utama dari riset ini adalah mengevaluasi sejauh mana pemberian konseling kelompok dengan teknik *cognitive restructuring* terhadap penurunan *academic burnout* siswa kelas XI SMA Negeri 1 Batang Kuis Tahun Ajaran 2025/2026. Studi ini menerapkan pendekatan kuantitatif yang mengacu pada desain one group pre-test post-test design. Subjek penelitian berjumlah 8 siswa yang ditentukan dengan menggunakan teknik purposive sampling. Instrumen yang digunakan adalah *Maslach Burnout Inventory* (MBI-SS), kemudian teknik analisis data menggunakan uji Wilcoxon Signed Rank Test. Berdasarkan hasil uji Wilcoxon, ditemukan adanya reduksi yang signifikan pada tingkat *academic burnout* setelah dilakukan tindakan berupa layanan konseling kelompok dengan teknik *cognitive restructuring*, yang terlihat dari nilai rata-rata *pre-test* yang awalnya sebesar 57,12 kemudian mengalami penurunan sebanyak 26 pada *post-test*. Hasil uji Wilcoxon menghasilkan nilai $Z = -2,524$ dengan nilai signifikansi $0,012 < 0,05$, sehingga hipotesis penelitian ini diterima. Dengan demikian, dapat ditarik simpulan bahwa intervensi melalui konseling kelompok efektif dalam penurunan *academic burnout* siswa kelas XI SMA Negeri 1 Batang Kuis Tahun Ajaran 2025/2026.

Kata Kunci: Konseling Kelompok, Teknik Cognitive Restructuring, Academic Burnout

ABSTRACT

ELVIANI SINAGA. The Effect of Group Counseling Services Using *Cognitive Restructuring* Techniques on the Reduction of *Academic Burnout* in Full-Day School Students of Grade XI at SMA Negeri 1 Batang Kuis for the Academic Year 2025/2026. Skripsi. Medan: Faculty of Education, State University Of Medan. 2026.

The primary objective of this research is to evaluate the extent to which group counseling sessions employing cognitive restructuring techniques can reduce academic burnout among Grade XI students at SMA Negeri 1 Batang Kuis for the 2025/2026 academic year. This study adopts a quantitative approach, specifically utilizing a one-group pre-test post-test design. The research subjects consisted of 8 students selected through a purposive sampling technique. Data were gathered using the Maslach Burnout Inventory (MBI-SS) and subsequently analyzed using the Wilcoxon Signed Rank Test. Based on the Wilcoxon test results, a significant reduction in academic burnout levels was observed following the implementation of group counseling with cognitive restructuring. This is evidenced by the initial pre-test mean score of 57.12, which decreased by 26 points in the post-test. The statistical analysis yielded a Z-value of -2.524 with a significance level of 0.012 ($p < 0.05$), leading to the acceptance of the research hypothesis. Consequently, it can be concluded that group counseling interventions are effective in mitigating academic burnout among Grade XI students at SMA Negeri 1 Batang Kuis during the 2025/2026 academic year.

Keywords: Group Counseling, Cognitive Restructuring Technique, Academic Burnout

