

ABSTRAK

NITA FEBRIANI GULO. Pengaruh Konseling Kelompok Dengan Teknik Social Skill Training (SST) Terhadap Kecemasan Sosial Korban Bullying Di SMP Kelas VIII Di UPT SMP Negeri 12 Medan. Skripsi. Medan : Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2026.

Penelitian ini bertujuan untuk mengetahui pengaruh layanan konseling kelompok dengan Teknik *Social Skill Training* (SST) terhadap tingkat kecemasan sosial pada peserta didik korban *bullying* kelas VIII di UPT SMP Negeri 12 Medan. Penelitian ini menggunakan pendekatan kuantitatif dengan metode pra-eksperimen dan rancangan *one group pretest-posttest*. Subjek penelitian berjumlah 10 peserta didik kelas VIII UPT SMP Negeri 12 Medan yang merupakan korban *bullying* dengan tingkat kecemasan sosial tinggi. Berdasarkan screening awal (*pre-test*), penetapan subjek dilakukan berdasarkan hasil penyaringan sesuai dengan kriteria yang telah ditetapkan oleh peneliti. Instrumen penelitian menggunakan angket kecemasan sosial yang telah dinyatakan valid dan reliabel. Perlakuan diberikan melalui layanan konseling kelompok dengan teknik *Social Skill Training* (SST) sebanyak lima kali pertemuan. Hasil penelitian menunjukkan bahwa rata-rata skor kecemasan sosial peserta didik menurun dari 127,7 pada pretest menjadi 67,3 pada posttest. Hasil uji Wilcoxon menunjukkan bahwa H_0 ditolak dan H_a diterima. Dengan demikian, dapat disimpulkan bahwa layanan konseling kelompok dengan teknik *Social Skill Training* (SST) efektif dalam menurunkan kecemasan sosial peserta didik korban *bullying*.

Kata Kunci : Konseling Kelompok, Social Skill Training, Kecemasan Sosial, Bullying



ABSTRACT

NITA FEBRIANI GULO. The Effect of Group Counseling Using Social Skills Training (SST) Techniques on Social Anxiety Among Eighth-Grade Students Who Are Victims of Bullying at UPT SMP Negeri 12 Medan. Skripsi. Medan : Faculty of Education. State University of Medan. 2026.

This study aims to determine the effect of group counseling using the Social Skills Training (SST) technique on the level of social anxiety among eighth-grade students who are victims of bullying at UPT SMP Negeri 12 Medan. This study employed a quantitative approach using a pre-experimental method and a one-group pretest-posttest design. The study subjects consisted of 10 eighth-grade students at UPT SMP Negeri 12 Medan who were victims of bullying and had high levels of social anxiety. Based on the initial screening (pretest), subjects were selected according to criteria established by the researcher. The research instrument used a social anxiety questionnaire that had been validated and found to be reliable. The intervention consisted of group counseling sessions using the Social Skills Training (SST) technique, conducted over five sessions. The results showed that the students' average social anxiety score decreased from 127.7 on the pretest to 67.3 on the posttest. The results of the Wilcoxon test indicated that H_0 was rejected and H_a was accepted. Thus, it can be concluded that group counseling using Social Skills Training (SST) is effective in reducing social anxiety among students who are victims of bullying.

Keywords: Group Counseling, Social Skill Training, Social Anxiety, Bullying

