

**PENGEMBANGAN PANDUAN KONSELING KELOMPOK DENGAN
MODEL *SOLUTION FOCUSED BRIEF COUNSELING* (SFBC)
TERHADAP *SELF EFFICACY* KARIR PADA SISWA SEKOLAH
MENENGAH ATAS**

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ABSTRAK

Pengembangan panduan konseling kelompok dengan model *Solution Focused Brief Counseling* (SFBC) terhadap *self efficacy* karir pada siswa Sekolah Menengah Atas (SMA) ini merupakan salah satu inovasi pengembangan dalam penerapan layanan bimbingan dan konseling di sekolah SMA. Panduan ini dikembangkan dengan model pengembangan 4D yakni *define* (pendefinisian), *design* (perancangan), *develop* (pengembangan), dan *disseminate* (penyebaran). Subjek yang terlibat pada pelaksanaan uji validitas ini melibatkan 5 pakar yang sesuai dengan bidang keahliannya dan 18 orang siswa kelas XII di SMA Negeri 2 Kuta. Hasil analisis data dalam pelaksanaan uji validitas terkait keberterimaan produk yang meliputi beberapa indikator yakni kegunaan (*utility*), kelayakan (*feasibility*), ketepatan (*accuracy*), kemudahan penggunaan dan kesesuaian konten didapatkan hasil CVR = 24 dan CVI = 1 yang termasuk dalam kategori istimewa. Hasil uji efektifitas ini memperhatikan adanya perubahan hasil *pre test* dan *post test* selama pelaksanaan konseling kelompok dengan model SFBC. Hasil menunjukkan nilai Sig.(2-tailed) pada uji-t sebesar 0,00, nilai probabilitas ini lebih kecil dibandingkan tingkat signifikansi 0,05. Dengan demikian H₀ ditolak, maka terdapat efektifitas pengembangan panduan konseling kelompok dengan model *Solution Focused Brief Counseling* (SFBC) terhadap *self efficacy* karir siswa Sekolah Menengah Atas (SMA). Adapun hasil perhitungan *effect size* diperoleh sebesar 1,87, hal ini menunjukkan ukuran efek dari perlakuan yang diberikan sangat besar terhadap *self efficacy* karir. Penelitian ini memiliki implikasi yakni panduan yang dikembangkan merupakan inovasi bagi guru BK dalam pelaksanaan layanan konseling kelompok yang dilaksanakan secara daring menggunakan LSM dengan model *Solution Focused Brief Counseling* (SFBC) untuk meningkatkan tingkat *self efficacy* karir pada siswa Sekolah Menengah Atas.

Kata-kata Kunci : Konseling Kelompok, SFBC, *Self Efficacy* Karir, Siswa SMA

**DEVELOPMENT OF A GROUP COUNSELING GUIDE WITH A
SOLUTION FOCUSED BRIEF COUNSELING (SFBC) MODEL ON
CAREER SELF-EFFICACY IN HIGH SCHOOL STUDENTS**

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ABSTRACT

The development of a group counseling guide with the Solution Focused Brief Counseling (SFBC) model on career self-efficacy in high school students is one of the development innovations in the application of guidance and counseling services in high schools. This guide was developed with a 4D development model, namely define, design, develop, and disseminate. The subjects involved in the implementation of this validity test involved 5 experts in accordance with their fields of expertise and 18 class XII students at SMA Negeri 2 Kuta. The results of data analysis in the implementation of validity tests related to product acceptance which include several indicators, namely utility, feasibility, accuracy, ease of use and suitability of content obtained cvr results = 24 and CVI = 1 which are included in the special category. The results of this effectiveness test pay attention to changes in the results of pre-tests and post-tests during the implementation of group counseling with the SFBC model. The results show the value of Sig. (2-tailed) in the t-test of 0.00, this probability value is smaller than the significance level of 0.05. Thus H₀ is rejected, then there is an effectiveness in developing group counseling guidelines with the Solution Focused Brief Counseling (SFBC) model on the career self-efficacy of High School (SMA) students. The results of calculating the effect size obtained by 1.87, this shows that the measure of the effect of the treatment given is very large on career self-efficacy. This research has implications, namely that the guidance developed is an innovation for BK teachers in the implementation of group counseling services which are carried out online using NGOs with the Solution Focused Brief Counseling (SFBC) model to increase the level of career self-efficacy in high school students.

Keywords : Group Counseling, SFBC, Career Self Efficacy, High School Students