

**PENGEMBANGAN PANDUAN KONSELING COGNITIVE BEHAVIOR
TEKNIK DESENSITISASI SISTEMATIS BERBASIS WEBSITE UNTUK
MENGATASI STRESS PADA REMAJA KORBAN KEKERASAN**

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ABSTRAK

Penelitian ini bertujuan untuk mengembangkan dan menguji validitas buku panduan konseling *cognitive behavior* dan efektivitas teknik konseling desensitisasi sistematis untuk mengatasi stress pada remaja korban kekerasan. Penelitian ini termasuk pengembangan 4D yang dikemukakan oleh Thiagarajan (1974) (*define, design, develop, disseminate*). Lima orang ahli yang menjadi pakar dan praktisi bimbingan konseling dilibatkan dalam menguji validitas buku panduan. Instrumen penilaian yang dipakai terdiri dari 14 poin pernyataan yang mengacu pada validitas buku panduan. Analisis validitas memakai formula perhitungan *Content Validity Ratio* (CVR) dari Lawshe (1975). Perolehan menampakkan validitas isi (CVI) sebesar 1 yang berarti sangat baik. Hal ini menampakkan bahwasanya panduan konseling *cognitive behavior* teknik desensitisasi sistematis berbasis website yang dikembangkan telah memenuhi kriteria kelayakan. Uji efektivitas melibatkan 30 korban keekrasan dalam penelitian ini memakai desain penelitian *one group pre-test and post-test design*. Uji efektivitas ini dilakukan dengan menggunakan uji t, perolehan yang didapatkan yaitu $t_{hitung} = 17,105$ dan $t_{tabel} = 2,048$ yang artinya poin $t_{hitung} > t_{tabel}$, perolehan ini menguraikan bahwasanya pengembangan panduan konseling *cognitive behavior* teknik desensitisasi sistematis berbasis website efektif untuk mengatasi stress pada remaja korban kekerasan

Kata Kunci: Cognitive Behavior, Desensitisasi Sistematis, Remaja

**DEVELOPMENT OF A WEBSITE-BASED SYSTEMATIC
DESENSITIZATION TECHNIQUE FOR COGNITIVE BEHAVIOR
COUNSELING GUIDELINES TO OVERCOME STRESS IN ADOLESCENT
VICTIMS OF VIOLENCE**

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ABSTRACT

This study aims to develop and test the validity of cognitive behavior counseling handbooks and the effectiveness of systematic desensitization counseling techniques to deal with stress in adolescent victims of violence. This research includes the 4D development proposed by Thiagarajan (1974) (define, design, develop, disseminate). Five experts who are guidance counseling experts and practitioners were involved in testing the validity of the guidebook. The assessment instrument used consists of 14 statement points which refer to the validity of the guidebook. Validity analysis uses the Content Validity Ratio (CVR) calculation formula from Lawshe (1975). The acquisition shows content validity (CVI) of 1 which means very good. This shows that the developed website-based systematic desensitization technique cognitive behavior counseling guidelines have met the eligibility criteria. The effectiveness test involved 30 victims of violence in this study using a one group pre-test and post-test design. This effectiveness test was carried out using the t test, the gains obtained were $t_{count} = 17.105$ and $t_{table} = 2.048$, which means that $t_{count} > t_{table}$, this acquisition describes that the development of cognitive behavior counseling guidelines for website-based systematic desensitization techniques is effective for dealing with stress in adolescent victims of violence

Keywords: Cognitive Behavior, Systematic Desensitization, Adolescents