

PENGEMBANGAN PANDUAN MODEL KONSELING *COGNITIVE BEHAVIORAL THERAPY* TEKNIK *MINDFULNESS* BERBASIS *WEBSITE* SI-KONSELING UNTUK MENGATASI TRAUMATIK PADA REMAJA KORBAN KEKERASAN

Oleh

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ABSTRAK

Penelitian ini dirancang untuk mengembangkan validitas serta efektivitas panduan model konseling *cognitive behavioral therapy* teknik *mindfulness* berbasis *website* SI-Konseling untuk mengatasi traumatik pada remaja korban kekerasan. Penelitian ini tergolong dalam penelitian pengembangan dengan menggunakan metode 4D (*Define, Design, Develop, Disseminate*). Ahli dalam penelitian ini adalah 2 orang dosen bimbingan konseling serta 1 orang dosen teknologi pendidikan dan praktisi dalam penelitian ini adalah 1 orang guru BK SMK Negeri 2 Singaraja serta 1 orang konselor Dinas Pengendalian Penduduk, Keluarga Berencana, Pemberdayaan Perempuan dan Perlindungan Anak Kabupaten Buleleng yang memiliki bertugas untuk melakukan uji kegunaan, ketepatan, serta kelayakan panduan. Hasil analisis CVR membuktikan bahwa semua pernyataan rata-rata relevan, skor CVI 1 berada dalam kategori sangat sesuai, dan panduan model konseling *cognitive behavioral therapy* teknik *mindfulness* telah memenuhi ketentuan untuk digunakan. Uji keefektifan panduan ini diuji dengan 30 remaja korban kekerasan, dan eksperimen yang dirancang kelompok dilakukan sebelum dan sesudah perlakuan. Hasil ini menyatakan bahwasannya pengembangan panduan model konseling *cognitive behavioral therapy* teknik *mindfulness* berbasis *website* SI-Konseling efektif untuk mengatasi traumatik pada remaja korban kekerasan.

Kata kunci : Traumatik, *Cognitive Behavioral Therapy*, Teknik *Mindfulness*.

**DEVELOPMENT OF GUIDANCE MODEL OF COGNITIVE BEHAVIORAL
THERAPY MINDFULNESS TECHNIQUES BASED ON SI-COUNSELING
WEBSITE TO OVERCOME TRAUMA IN ADOLESCENT VICTIMS OF
VIOLENCE**

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ABSTRACT

This research is designed to develop the validity and effectiveness of the cognitive behavioral therapy counseling model guide for mindfulness techniques based on the SI-Counseling website to overcome trauma in adolescent victims of violence. This research is classified as development research using the 4D method (Define, Design, Develop, Disseminate). Experts in this study were 2 counseling guidance lecturers and 1 lecturer of educational technology and practitioners in this study were 1 counseling teacher of SMK Negeri 2 Singaraja and 1 counselor of the Population Control, Family Planning, Women's Empowerment and Child Protection Office of Buleleng Regency who had the duty to test the usefulness, accuracy, and feasibility of the guide. The results of the CVR analysis prove that all statements are on average relevant, the CVI score of 1 is in the very suitable category, and the cognitive behavioral therapy counseling model guide for mindfulness techniques has met the requirements for use. The effectiveness test of this guide was tested with 30 adolescent victims of violence, and group-designed experiments were conducted before and after treatment. These results state that the development of a cognitive behavioral therapy counseling model guide for mindfulness techniques based on the SI-Counseling website is effective for overcoming trauma in adolescent victims of violence.

Keywords : *Traumatic, Cognitive Behavioral Therapy, Mindfulness.*