

**Pengembangan Panduan Model Konseling *Solution Focused Brief Counseling*
Teknik *Imagery and Visualitation* Berbasis *Website* SI-Konseling untuk
Mengatasi Depresi pada Remaja Korban Kekerasan**

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ABSTRAK

Penelitian ini memiliki tujuan dalam mengembangkan serta melakukan uji validitas isi dan efektivitas panduan model konseling *Solution Focused Brief Counseling* teknik *Imagery and Visualitation* berbasis *website* SI-Konseling untuk mengatasi Depresi pada remaja korban kekerasan. Jenis penelitian ini termasuk dalam penelitian pengembangan dengan menggunakan prosedur 4D (*Define, Design, Develop, dan Disseminate*). Penelitian ini melibatkan 2 orang dosen bimbingan konseling serta 1 orang dosen teknologi pendidikan sebagai ahli dan 1 orang guru BK SMK Negeri 2 Singaraja serta 1 orang konselor Dinas Pengendalian Penduduk, Keluarga Berencana, Pemberdayaan Perempuan dan Perlindungan Anak Kabupaten Buleleng sebagai praktisi yang memiliki tugas dalam melakukan uji kegunaan, ketepatan, serta kelayakan panduan. Pengumpulan data dilakukan dengan menggunakan instrument validitas pakar yang kemudian dianalisis dengan formula CVR (*Content Validity Ratio*), CVI (*Content Validity Indeks*), dan *t-test*. Hasil analisis CVR menunjukkan seluruh pernyataan instrument diterima serta mendapatkan hasil CVI sebesar 1 dengan kategori sangat sesuai, maka dari itu panduan model konseling *Solution Focused Brief Counseling* teknik *Imagery and Visualitation* telah memenuhi ketentuan untuk digunakan. Uji efektivitas panduan melibatkan 30 remaja korban kekerasan dengan menggunakan eksperimen *one group pre-test dan post-test design*. Hasil uji-t didapatkan harga t_{hitung} sebesar 9,146 Koefisien tersebut kemudian dibandingkan menggunakan t_{tabel} dengan $df = 29$ pada taraf signifikansi 0.05. Berdasarkan hal tersebut, maka diperoleh t_{tabel} sebesar 2,048 hal ini berarti $t_{hitung} > t_{tabel}$ sehingga H_0 ditolak. Hasil ini menyatakan bahwasannya pengembangan panduan model konseling *Solution Focused Brief Counseling* teknik *Imagery and Visualitation* berbasis *website* SI-Konseling efektif untuk mengatasi Depresi pada remaja korban kekerasan.

Kata kunci: Depresi, *Solution Focused Brief Counseling*, Teknik *Imagery and Visualitation*.

***Development of Solution Focused Brief Counseling Model Guide Imagery and
Visualitation Techniques Based on SI-Counseling Website to Overcome
Depression in Adolescent Victims of Violence***

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ABSTRACT

This study aims to develop and test the content validity and effectiveness of the Solution Focused Brief Counseling counseling model based on the SI-Counseling website-based Imagery and Visualitation technique to overcome depression in adolescent victims of violence. This type of research is included in development research using the 4D procedure (Define, Design, Develop, and Disseminate). This study involved 2 counseling guidance lecturers and 1 educational technology lecturer as an expert and 1 BK teacher at SMK Negeri 2 Singaraja and 1 counselor from the Office of Population Control, Family Planning, Women's Empowerment and Child Protection in Buleleng Regency as practitioners who had the task of carrying out test the usability, accuracy, and feasibility of the guide. Data collection was carried out using an expert validity instrument which was then analyzed using the formula CVR (Content Validity Ratio), CVI (Content Validity Index), and t-test. The results of the CVR analysis showed that all instrument statements were accepted and a CVI result of 1 was in the very appropriate category, therefore the guidance for the Solution Focused Brief Counseling Imagery and Visualitation technique complied with the requirements for use. The guide's effectiveness test involved 30 youth victims of violence using a one group pre-test and post-test design experiment. The results of the t-test obtained a t_{count} value of 9.146. The coefficient was then compared using t_{table} with $df = 29$ at a significance level of 0.05. Based on this, a $t_{(table)}$ of 2.048 is obtained, this means that $t_{count} > t_{(table)}$ so that H_0 is rejected. These results state that the development of a guidance model for Solution Focused Brief Counseling, Imagery and Visualitation techniques based on the SI-Counseling website is effective for overcoming depression in adolescent victims of violence.

Keywords: *Depression, Solution Focused Brief Counseling, Imagery and Visualitation Techniques.*