

## ABSTRAK

**Naraswari, Ida Ayu Made** (2024), *Efektivitas Konseling Singkat Berfokus Solusi untuk Meningkatkan Keterampilan Sosial-Emosional dan Psychological Well-Being Siswa SMP*. Tesis, Bimbingan dan Konseling, Program Pascasarjana, Universitas Pendidikan Ganesha.

*Kata kunci:* Konseling singkat berfokus solusi, keterampilan sosial-emosional, *psychological well-being*.

Penelitian ini bertujuan untuk menguji dan menemukan (1) efektivitas konseling singkat berfokus solusi untuk meningkatkan keterampilan sosial-emosional siswa SMP, (2) efektivitas konseling singkat berfokus solusi untuk meningkatkan *psychological well-being* siswa SMP, dan (3) efektivitas konseling singkat berfokus solusi secara simultan meningkatkan keterampilan sosial-emosional dan *psychological well-being* siswa SMP. Penelitian ini merupakan penelitian eksperimen dengan desain *pretest-posttest control group*. Subjek dalam penelitian ini adalah 64 siswa SMP di Kecamatan Bangli. Instrumen penelitian yang digunakan dalam penelitian ini meliputi (1) kuesioner keterampilan sosial-emosional, (2) skala *psychological well-being*, dan (3) panduan konseling singkat berfokus solusi. Analisis data dalam penelitian ini dilakukan melalui statistik parametrik ANOVA satu jalur dan MANOVA. Hasil penelitian ini menemukan bahwa (1) konseling singkat berfokus solusi efektif untuk meningkatkan keterampilan sosial-emosional siswa SMP, (2) konseling singkat berfokus solusi efektif untuk meningkatkan *psychological well-being* siswa SMP, dan (3) konseling singkat berfokus solusi efektif secara simultan meningkatkan keterampilan sosial-emosional dan *psychological well-being* siswa SMP. Temuan dalam penelitian ini berimplikasi terhadap penggunaan model konseling singkat berfokus solusi sebagai upaya untuk meningkatkan keterampilan non-kognitif dan meningkatkan kesehatan psikologis siswa.



## ABSTRACT

**Naraswari, Ida Ayu Made** (2024), *Effectiveness of Solution-focused Brief Counseling to Improve Social-emotional Skills and Psychological well-being of Junior High School Students*. Thesis, Guidance and Counseling, Postgraduate Program, Universitas Pendidikan Ganesha.

Keywords: solution-focused brief counseling, social-emotional skills, psychological well-being

This research aims to test and find (1) the effectiveness of solution-focused brief counseling to improve the social-emotional skills of junior high school students, (2) the effectiveness of solution-focused brief counseling to improve psychological well-being of junior high school students, and (3) the effectiveness of solution-focused brief counseling simultaneously improving the social-emotional skills and psychological well-being of junior high school students. This research is experimental research with a pretest-posttest control group design. The subjects in this research were 64 junior high school students in Bangli District. The research instruments used in this study include (1) social-emotional skills questionnaire, (2) psychological well-being scale, and (3) solution-focused brief counseling guidebook. Data analysis in this study was carried out through one-way ANOVA and MANOVA. The results of this study found that (1) solution-focused brief counseling is effective for improving the social-emotional skills of junior high school students, (2) solution-focused brief counseling is effective for improving the psychological well-being of junior high school students, and (3) solution-focused brief counseling is effective simultaneously improve social-emotional skills and psychological well-being of junior high school students. The findings in this research have implications for the use of a solution-focused brief counseling model as an effort to improve non-cognitive skills and improve students' psychological health.

