

**EFEKTIVITAS LAYANAN KONSELING KELOMPOK DENGAN  
TEKNIK *SELF-MANAGEMENT* UNTUK MENINGKATKAN  
*SELF-ESTEEM* SISWA SMP N 3 MANGGIS**

**Oleh:**

**Ni Kadek Rani Dwiyanti, NIM 2011011032**

**Program Studi Bimbingan Konseling**

**Jurusan Ilmu Pendidikan Psikologi dan Bimbingan**

**Email: [rani.dwiyanti@undiksha.ac.id](mailto:rani.dwiyanti@undiksha.ac.id), [iketutgading@undiksha.ac.id](mailto:iketutgading@undiksha.ac.id),  
[niketut.suarni@undiksha.ac.id](mailto:niketut.suarni@undiksha.ac.id)**

**Abstrak**

Penelitian ini bertujuan untuk mengetahui efektivitas layanan konseling kelompok dengan teknik *self-management* untuk meningkatkan *self-esteem* siswa SMP N 3 Manggis. Penelitian ini merupakan kuantitatif dengan desain eksperimen. Subjek penelitian ini adalah siswa kelas IX3 dan IX4 SMP N 3 Manggis. Teknik pengumpulan data dalam penelitian ini menggunakan metode kuisioner. Data dianalisis menggunakan IBM SPSS 24. Pelaksanaan layanan konseling kelompok yang diberikan terhadap siswa, efektif dalam meningkatkan *self-esteem* siswa SMP N 3 Manggis. Dari hasil penelitian pelaksanaan layanan konseling kelompok dengan teknik *self-management* efektif dalam meningkatkan *self-esteem* siswa SMP N 3 Manggis.

**Kata Kunci:** Layanan konseling kelompok, *self-management*, *self-esteem*

***EFFECTIVENESS OF GROUP COUNSELING SERVICES WITH SELF-MANAGEMENT TECHNIQUES TO IMPROVE STUDENTS' SELF-ESTEEM AT SMP N 3 MANGGIS***

**By:**

**Ni Kadek Rani Dwiyantri, NIM 2011011032**

***Guidance and Counseling Study Program***

***Department of Educational Psychology and Counseling***

**Email: [rani.dwiyantri@undiksha.ac.id](mailto:rani.dwiyantri@undiksha.ac.id),  
[niketut.suarni@undiksha.ac.id](mailto:niketut.suarni@undiksha.ac.id)**

***Abstract***

*This research aims to know the effectiveness of group counseling services with self-managements techniques in improving students' self-esteem at SMPN 3 Manggis. This research using quantitative research method with experimental design. The subjects of this research were students in ninth 3 and ninth 4 grade of SMP N 3 Manggis. The technique of collecting data was questionnaire method. Data analyzed using IBM SPSS 24. The implementation of group counseling services with self-managements to students was effective in improving the self-esteem of SMP N 3 Manggis students. Therefore, the result of this research is group counseling services with self-managements to students was effective in improving students' self-esteem of SMP N 3 Manggis*

***Keywords: Group counseling services, self-managements, self-esteem***