

**PENGEMBANGAN MODEL BIMBINGAN KELOMPOK DENGAN
PENDEKATAN BEHAVIORAL TEKNIK *ROLE PLAYING* UNTUK
MENCEGAH PERILAKU *BULLYING* PADA SISWA SMP**

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ABSTRAK

Kajian ini dilakukan agar dapat mencegah perilaku *bullying*, mendeskripsikan keberterimaan dan efektivitas pengembangan guna meminimalisir tindakan *bullying* di kalangan siswa SMP. Peneliti menggunakan model penelitian 4D (*Define, Design, Develop, Disseminate*). Desain penelitian ini menggunakan *pre-test post-test control group*. Analisis data dilakukan dengan metode statistik parametrik yaitu menggunakan *independent sample t-test* kemudian dilakukan pengujian *effect size*. Hasil pengembangan ini menunjukkan bahwa, mendapatkan hasil *review* ahli materi dan *review* ahli media memperoleh penilaian skor 1 dengan kualifikasi valid. Sedangkan hasil penelitian ini menunjukkan bahwa, pelaksanaan *treatment* layanan bimbingan kelompok dengan pendekatan behavioral teknik *role playing* dengan menggunakan media mengalami peningkatan ($t = 16.36$ signifikan 0.000 ($p < 0.05$), sedangkan hasil uji *effect size* dengan nilai $t = 3,568$ menunjukkan bahwa, penggunaan media terbukti efektif dalam upaya pencegahan perilaku *bullying* pada siswa SMP dengan tingkat efektivitas yang termasuk dalam kategori sangat tinggi.

Kata Kunci: *Role playing*, Pendekatan Behavioral 4D, *Bullying*, Pengembangan

**DEVELOPMENT OF A GROUP GUIDANCE MODEL WITH A
BEHAVIORAL APPROACH TO *ROLE PLAYING* TECHNIQUES TO
PREVENT *BULLYING BEHAVIOR* IN JUNIOR HIGH SCHOOL
STUDENTS**

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ABSTRACT

This study aims to prevent *bullying* behavior, and to describe the acceptability and effectiveness of a development program to reduce *bullying* among junior high school students. The research uses a 4D (*Define, Design, Develop, Disseminate*) research model. The research design used in this study is a *pre-test post-test control group*. The data analysis method uses parametric statistical analysis, namely by using an *independent sample t-test* and followed by an *effect size test*. The results of this development show that, obtaining the results of *the review* of material experts and the review of media experts obtained a score of 1 with valid qualifications. Meanwhile, the results of this study showed that the implementation of group guidance service treatment with a behavioral approach of *role playing* techniques using media increased ($t = 16.36$ significantly 0.000 ($p < 0.05$), while the results of *the effect size* test with a value of $t = 3.568$ also confirmed that media use was highly effective in preventing *bullying behavior* among junior high school students.

Keywords: *Role playing*, 4D Behavioral Approach, *Bullying*, Development