

PENGEMBANGAN PANDUAN KONSELING *COGNITIVE BEHAVIOR THERAPY* DENGAN TEKNIK RESTRUKTURISASI KOGNITIF UNTUK MENGATASI KECEMASAN SISWA KORBAN *BULLYING* DI SMP NEGERI 4 BEBANDEM

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui tingkat validitas isi buku panduan konseling *cognitive behavior therapy* menggunakan teknik restrukturisasi kognitif terhadap kecemasan pada siswa korban bullying. Penelitian ini dirancang dengan menerapkan model pengembangan 4D (*Define, Disign, Develop, dan Disseminate*). Proses validasi isi terhadap buku panduan dilakukan oleh 5 (lima) orang ahli, yang meliputi 2 (dua) dosen dari bidang Bimbingan dan Konseling, 1 (satu) dosen dari bidang Teknologi Pendidikan, serta 2 (dua) praktisi guru Bimbingan dan Konseling. Penilaian dilakukan dengan menggunakan instrumen AAF (*Acceptability, Accessibility, dan Feasebility*) guna mengetahui tingkat penerimaan, aksesibilitas, dan nilai kebermanfaatannya. Skala ini memiliki 14 butir pernyataan. Analisis validitas isi dilakukan dengan menggunakan formulasi perhitungan *Content Validity Rasio* (CVR) dengan hasil analisis sebesar 1 yang menyatakan buku panduan masuk pada kategori baik untuk digunakan. Penelitian ini menggunakan tiga orang siswa korban *bullying* dengan kategori kecemasan sangat berat sebagai subjek penelitian. Penelitian ini menerapkan desain penelitian *Single Subject Research* (SSR) dengan pola A-B-A dalam mengukur efektivitas buku panduan yang menyatakan bahwa buku panduan sangat efektif digunakan untuk mengatasi kecemasan siswa. Uji statistik juga dilakukan dengan *Wilcoxon Signed Rank Test* dengan hasil $p < 0,05$ yang menyatakan intervensi konseling CBT teknik restrukturisasi kognitif dapat mengatasi kecemasan siswa.

Kata kunci: CBT, Restrukturisasi Kognitif, Buku Panduan, Kecemasan, *Bullying*

DEVELOPMENT OF COGNITIVE BEHAVIOR THERAPY COUNSELING GUIDELINES WITH COGNITIVE RESTRUCTURING TECHNIQUES TO OVERCOME THE ANXIETY OF STUDENTS WHO ARE VICTIMS OF BULLYING AT SMP NEGERI 4 BEBANDEM

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ABSTRACT

This study aims to determine the level of content validity of cognitive behavior therapy counseling guidebooks using cognitive restructuring techniques for anxiety in students who are victims of bullying. This research was designed by applying the 4D development model (Define, Design, Develop, and Disseminate). The content validation process of the guidebook was carried out by 5 (five) experts, which included 2 (two) lecturers from the field of Guidance and Counseling, 1 (one) lecturer from the field of Educational Technology, and 2 (two) Guidance and Counseling teacher practitioners. The assessment was conducted using the AAF (Acceptability, Accessibility, and Feasibility) instrument to determine the level of acceptability, accessibility, and usefulness. This scale has 14 statement items. Content validity analysis was carried out using the Content Validity Ratio (CVR) calculation formulation with an analysis result of 1 which stated that the guidebook was in the good category for use. This study used three students who were victims of bullying with very severe anxiety categories as research subjects. This study applies a Single Subject Research (SSR) research design with an A-B-A pattern in measuring the effectiveness of the guidebook which states that the guidebook is very effective in overcoming student anxiety. Statistical tests were also carried out with the Wilcoxon Signed Rank Test with the results of $p < 0.05$ which stated that CBT counseling intervention cognitive restructuring techniques can help students overcome anxiety.

Keywords: CBT, Cognitive Restructuring, Guidebook, Anxiety, Bullying