

**EFEKTIVITAS KONSELING *COGNITIVE BEHAVIORAL* DENGAN TEKNIK
COGNITIVE RESTRUCTURING UNTUK MENURUNKAN KECENDERUNGAN
PERILAKU *BULLYING* PADA PESERTA DIDIK KELAS X
PERHOTELAN DI SMK NEGERI 2 SINGARAJA**

Oleh

Johani Hotlan Saragih, NIM 2111011034

Program Studi Bimbingan Konseling

Jurusan Ilmu Pendidikan, Psikologi dan Bimbingan

Email: johani@undiksha.ac.id, dantes@undiksha.ac.id,

Putuaridharmayanti@undiksha.ac.id

ABSTRAK

Penelitian ini bertujuan untuk mengetahui efektivitas pendekatan konseling *Cognitive Behavior* dengan teknik *Cognitive Restructuring* dalam menurunkan kecenderungan perilaku *bullying* pada peserta didik kelas X Perhotelan di SMK Negeri 2 Singaraja. Perilaku *bullying* yang terjadi di lingkungan sekolah dapat berdampak negatif terhadap kondisi psikologis maupun prestasi belajar siswa, sehingga diperlukan upaya strategis melalui layanan konseling yang tepat. Penelitian ini menggunakan pendekatan kuantitatif dengan desain one group pretest-posttest. Subjek dalam penelitian ini berjumlah 8 siswa yang dipilih melalui teknik *purposive sampling* berdasarkan hasil asesmen awal. Instrumen yang digunakan berupa skala kecenderungan perilaku *bullying*. Data dianalisis menggunakan uji *Wilcoxon Signed Rank Test*. Hasil penelitian menunjukkan bahwa nilai Asymp. Sig. (2-tailed) sebesar $0,005 < 0,05$, yang berarti terdapat perbedaan signifikan antara skor *pretest* dan *posttest*. Dengan demikian, pendekatan konseling *Cognitive Behavior* dengan teknik *Cognitive Restructuring* efektif dalam menurunkan kecenderungan perilaku *bullying* pada peserta didik. Pendekatan ini dapat dijadikan alternatif layanan konseling yang aplikatif untuk mengatasi masalah perilaku sosial di sekolah.

Kata kunci: Konseling *Cognitive Behavior*, *Cognitive Restructuring*, *Bullying*, Siswa SMK

**EFFECTIVENESS OF COGNITIVE BEHAVIORAL COUNSELING USING
COGNITIVE RESTRUCTURING TECHNIQUES TO REDUCE BULLYING
BEHAVIOR TENDENCIES AMONG GRADE X HOTEL MANAGEMENT
STUDENTS AT SMK NEGERI 2 SINGARAJA**

By

Johni Hotlan Saragih, Student ID 2111011034

Guidance Counseling Study Program

Department of Education, Psychology and Guidance Science

Email: johni@undiksha.ac.id, dantes@undiksha.ac.id,

Putuari.dharmayanti@undiksha.ac.id

ABSTRACT

This study aims to determine the effectiveness of the Cognitive Behavior Counseling Approach using Cognitive Restructuring techniques in reducing bullying tendencies among Grade X Hotel Management students at SMK Negeri 2 Singaraja. Bullying behavior occurring in the school environment can have negative impacts on students' psychological well-being and academic performance, necessitating strategic efforts through appropriate counseling services. This study employs a quantitative approach with a one-group pretest-posttest design. The subjects consisted of 8 students selected through purposive sampling based on initial assessment results. The instrument used was a bullying behavior tendency scale. Data were analyzed using the Wilcoxon Signed Rank Test. The results showed that the Asymp. Sig. (2-tailed) value was $0.005 < 0.05$, indicating a significant difference between pretest and posttest scores. Thus, the Cognitive Behavior counseling approach with Cognitive Restructuring techniques is effective in reducing bullying behavior tendencies among students. This approach can serve as an applicable alternative counseling service to address social behavior issues in schools.

Keywords: *Cognitive Behavior Counseling, Cognitive Restructuring, Bullying, Vocational High School Students*