

PENGEMBANGAN PANDUAN MODEL KONSELING TEKNIK *SELF HYPNOSIS* UNTUK MENINGKATKAN *WELL-BEING* SISWA

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ABSTRAK

Penelitian ini dilakukan dengan maksud untuk Menyusun, menguji tingkat kelayakan, dan efektivitas dari buku panduan model konseling *self hypnosis* guna meningkatkan *well-being* pada siswa. Jenis penelitian yang digunakan adalah penelitian pengembangan (*research & development*) dengan menerapkan model 4D. Validitas isi dalam penelitian ini telah diuji menggunakan lima orang pakar yang terdiri dari dua dosen di bidang Bimbingan Konseling dan tiga praktisi guru Bimbingan dan Konseling. Proses penilaian menggunakan instrumen AAF (*Acceptability, Accessibility, dan Feasibility*) untuk mengukur tingkat penerimaan, kemudahan akses, dan manfaat dari panduan tersebut. Instrumen ini terdiri dari 14 butir pernyataan. Validitas isi dianalisis melalui perhitungan *Content Validity Ratio* (CVR) yang menghasilkan nilai 1, menunjukkan bahwa panduan tersebut termasuk kategori layak digunakan. Untuk mengukur efektivitas panduan, penelitian ini menggunakan desain *Single Subject Research* (SSR) dengan pola A-B-A yang menunjukkan bahwa panduan sangat efektif dalam meningkatkan kesejahteraan psikologis siswa. Pengujian statistik juga dilakukan menggunakan Wilcoxon Signed Rank Test dengan hasil $p < 0,05$ yang menunjukkan bahwa intervensi konseling *self hypnosis* mampu meningkatkan kesejahteraan psikologis siswa.

Kata Kunci: Model Konseling *Self hypnosis*, *Well-being*, Panduan, 4D

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ABSTRACT

This study aims to develop, validate, and examine the effectiveness of a counseling guide using the self-hypnosis technique to enhance the well-being of junior high school students. The study was grounded in the phenomenon of decreasing psychological well-being among students due to academic pressure, social demands, and insufficient emotional regulation skills. These challenges highlight the need for innovative guidance and counseling services that focus not only on academic achievement but also on mental balance and emotional well-being. The developed self-hypnosis counseling guide is designed to help students optimize their subconscious potential through positive suggestions aimed at fostering self-control, relaxation, and adaptive thinking. The research employed the 4D development model (Define, Design, Develop, Disseminate), which includes needs analysis, product design, expert validation, and an effectiveness test using a Single Subject Research (A-B-A) design. The participants consisted of five expert validators and three students with low levels of well-being. Data were analyzed using the Content Validity Ratio (CVR) and the Wilcoxon Signed Rank Test. The findings revealed that the guide achieved a CVR value of 1.00, indicating excellent validity, and the Wilcoxon test showed a significance value of $p < 0.05$ with an average well-being improvement of 58.9%. These results demonstrate that the self-hypnosis counseling guide effectively enhances students' psychological well-being by strengthening self-efficacy, emotional regulation, and stress control. Therefore, the guide is considered a valid, practical, and effective innovation for use in school counseling services to foster holistic, sustainable, and scientifically grounded student well-being in the educational setting.

Keyword: *self hypnosis counselling model, Well-being, Guide, 4D*