

**EFEKTIFITAS KONSELING KOGNITIF BEHAVIOR TEKNIK
COGNITIVE RESTRUCTURING UNTUK MENGURANGI KECANDUAN
GAME ONLINE SISWA SMP LAB UNDIKSHA**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui efektivitas konseling Kognitif Behavior (CBT) dengan teknik *Cognitive Restructuring* dalam mengurangi kecanduan *game online* pada siswa kelas VIII SMP Lab Undiksha. Penelitian ini menggunakan pendekatan kuantitatif dengan rancangan pre-eksperimental melalui model *One Group Pretest-Posttest Design*. Populasi penelitian berjumlah 79 siswa kelas VIII SMP Lab Undiksha, sedangkan sampel penelitian berjumlah 13 siswa yang dipilih menggunakan teknik *purposive sampling* berdasarkan tingkat kecanduan *game online* yang tinggi. Metode pengumpulan data menggunakan kuesioner kecanduan *game online* yang telah diuji validitas dan reliabilitasnya. Data dianalisis menggunakan analisis deskriptif, uji normalitas, uji homogenitas, *paired sample t-test*, dan uji *effect size*. Hasil penelitian menunjukkan bahwa terdapat penurunan tingkat kecanduan *game online* setelah diberikan *treatment* konseling Kognitif Behavior (CBT) dengan teknik *Cognitive Restructuring*. Hasil uji hipotesis menunjukkan adanya perbedaan yang signifikan antara skor *pre-test* dan *post-test* siswa. Hal tersebut menunjukkan bahwa konseling Kognitif Behavior (CBT) dengan teknik *Cognitive Restructuring* efektif dalam mengurangi kecanduan *game online* pada siswa kelas VIII SMP Lab Undiksha. Dengan demikian, layanan konseling Kognitif Behavior (CBT) teknik *Cognitive Restructuring* dapat dijadikan sebagai salah satu alternatif layanan bimbingan dan konseling untuk membantu mengurangi kecanduan *game online* pada peserta didik.

Kata Kunci: Konseling Kognitif Behavior, *Cognitive Restructuring*, Kecanduan *Game Online*

***THE EFFECTIVENESS OF COGNITIVE BEHAVIOR THERAPY USING
COGNITIVE RESTRUCTURING TECHNIQUE TO REDUCE ONLINE
GAME ADDICTION AMONG STUDENTS OF SMP LAB UNDIKSHA***

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ABSTRACT

This study aimed to determine the effectiveness of Cognitive Behavior Therapy (CBT) using the Cognitive Restructuring technique in reducing online game addiction among eighth-grade students of SMP Lab Undiksha. This study employed a quantitative approach with a pre-experimental design using the One Group Pretest-Posttest Design model. The population of this study consisted of 79 eighth-grade students of SMP Lab Undiksha, while the sample consisted of 13 students selected through purposive sampling based on high levels of online game addiction. Data were collected using an online game addiction questionnaire that had been tested for validity and reliability. The data were analyzed using descriptive analysis, normality test, homogeneity test, paired sample t-test, and effect size test. The results showed that there was a decrease in the level of online game addiction after the implementation of Cognitive Behavior Therapy (CBT) with the Cognitive Restructuring technique. The hypothesis test results indicated a significant difference between the students' pre-test and post-test scores. These findings indicate that Cognitive Behavior Therapy (CBT) with the Cognitive Restructuring technique is effective in reducing online game addiction among eighth-grade students of SMP Lab Undiksha. Therefore, Cognitive Behavior Therapy (CBT) using the Cognitive Restructuring technique can be used as an alternative counseling service to help reduce online game addiction among students.

Keywords: *Cognitive Behavior Therapy, Cognitive Restructuring, Online Game Addiction*