

PENGARUH LAYANAN KONSELING *MINDFULNESS COGNITIVE BEHAVIORAL* (M-CB) BERORIENTASI *TRI KAYA PARISUDHA* BERBANTUAN *VIRTUAL REALITY* TERHADAP GANGGUAN EMOSI DAN KONSENTRASI SISWA SMP DI KOTA DENPASAR

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ABSTRAK

Penelitian ini mengkaji pengaruh konseling *Mindfulness Cognitive Behavioral* berorientasi *Tri Kaya Parisudha* berbantuan *Virtual Reality* (VR) terhadap gangguan emosi dan konsentrasi siswa SMP di Kota Denpasar. Penelitian kuantitatif ini dilaksanakan pada siswa SMP di Kota Denpasar menggunakan rancangan *Single Subject Research* (SSR) desain A-B-A dengan melibatkan lima subjek yang dipilih secara *purposive sampling* berdasarkan DASS-21 kategori berat hingga sangat berat. Instrumen yang digunakan adalah kuesioner DASS-21 dan *Electroencephalography* (EEG). Data dianalisis dengan analisis visual grafik serta perhitungan *effect size* PND, NAP, dan Tau-U. Hasil penelitian menunjukkan bahwa konseling M-CB menyebabkan penurunan gangguan emosi pada seluruh subjek, ditandai dengan tren penurunan skor DASS-21 serta stabilisasi gelombang Alpha dan penurunan gelombang Beta pada EEG. Berdasarkan PND, NAP, dan Tau-U, satu subjek menunjukkan efek sangat kuat terhadap konsentrasi, dua subjek efek sedang, dan dua subjek efek rendah. Direkomendasikan untuk menerapkan konseling M-CB berorientasi *Tri Kaya Parisudha* berbantuan VR dengan mempertimbangkan karakteristik individual siswa.

Kata kunci: M-CB, *Tri Kaya Parisudha*, VR, EEG, gangguan emosi, konsentrasi, PND, NAP, Tau-U

**THE INFLUENCE OF TRI KAYA PARISUDHA-ORIENTED
MINDFULNESS COGNITIVE BEHAVIORAL (M-CB) COUNSELING
ASSISTED BY VIRTUAL REALITY ON EMOTIONAL DISORDERS AND
CONCENTRATION OF JUNIOR HIGH SCHOOL STUDENTS IN
DENPASAR CITY**

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ABSTRACT

This study aims to examine the effect of Mindfulness Cognitive Behavioral (M-CB) counseling oriented toward Tri Kaya Parisudha assisted by Virtual Reality (VR) on emotional disorders and concentration of junior high school students in Denpasar City. This quantitative study was conducted on junior high school students in Denpasar City using a Single Subject Research (SSR) design with an A-B-A pattern involving five subjects selected through purposive sampling based on DASS-21 severe to very severe category. The instruments used were the DASS-21 questionnaire and Electroencephalography (EEG). Data were analyzed using visual graph analysis and effect size calculations of PND, NAP, and Tau-U. The results showed that M-CB counseling reduced emotional disorders in all subjects, indicated by a decreasing trend in DASS-21 scores as well as stabilization of Alpha waves and a decrease in Beta waves on EEG recordings. Based on PND, NAP, and Tau-U, one subject showed a very strong effect on concentration, two subjects showed moderate effects, and two subjects showed low effects. It is recommended to implement M-CB counseling oriented toward Tri Kaya Parisudha assisted by VR by considering individual student characteristics.

Keywords: *M-CB, Tri Kaya Parisudha, VR, EEG, emotional disorders, concentration, PND, NAP, Tau-U*