

ABSTRAK

Tesa Yulia Nugraheni. Pengaruh Konseling Behavioral dengan Teknik Self-Management terhadap Resiliensi dan Kendali Emosi Siswa Anak Tenaga Kerja Indonesia (TKI) di SMP Negeri 19 Mataram. Tesis, Mataram: Program Studi Bimbingan dan Konseling, Program Pascasarjana, Universitas Pendidikan Ganesha, 2026.

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Penelitian ini bertujuan menganalisis efektivitas konseling *behavioral* dengan teknik *self-management* untuk meningkatkan resiliensi dan kendali emosi siswa anak Tenaga Kerja Indonesia (TKI) di SMP Negeri 19 Mataram. Menggunakan pendekatan kuantitatif dengan *quasi experiment (pretest-posttest control group design)*, sampel sebanyak 20 siswa dipilih melalui *purposive sampling*. Data dikumpulkan menggunakan angket dan dianalisis menggunakan uji ANOVA serta MANOVA. Hasil penelitian menunjukkan terdapat pengaruh signifikan konseling *behavioral* teknik *self-management* terhadap peningkatan resiliensi ($F = 52,868$; $\text{partial eta square} = 0,746$; $p < 0,001$), kendali emosi ($F = 12,801$; $\text{partial eta square} = 0,416$; $p = 0,002$), serta secara simultan terhadap kedua variabel ($F = 33,617$; $p < 0,001$) dan $\text{partial eta square} = 0,798$. Dapat disimpulkan bahwa konseling *behavioral* dengan teknik *self management* terbukti efektif dalam membangun resiliensi dan kendali emosi siswa.

Kata kunci: kendali emosi, konseling *behavioral*- teknik *self-management*, resiliensi, siswa anak TKI.

ABSTRACT

Tesa Yulia Nugraheni. The Effect of Behavioral Counseling Using the Self-Management Technique on the Resilience and Emotional Regulation of Children of Indonesian Migrant Workers (TKI) at SMP Negeri 19 Mataram. Master's Thesis. Mataram: Guidance and Counseling Study Program, Graduate School, Ganesha University of Education, 2026.

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This study aims to analyze the effectiveness of behavioral counseling with self-management techniques to improve the resilience and emotional control of migrant worker's children (TKI) students at SMP Negeri 19 Mataram. Using a quantitative approach with a quasi-experiment (pretest–posttest control group design), a sample of 20 students was selected through purposive sampling. Data were collected using questionnaires and analyzed using ANOVA and MANOVA tests. The results showed a significant effect of behavioral counseling with self-management techniques on the improvement of resilience ($F = 52.868$; partial eta squared = 0.746; $p < 0.001$), emotional control ($F = 12.801$; partial eta squared = 0.416; $p = 0.002$), as well as a simultaneous effect on both variables ($F = 33.617$; $p < 0.001$) with a partial eta squared of 0.798. It can be concluded that behavioral counseling with self-management techniques is proven effective in building students' resilience and emotional control.

Keywords: *behavioral counselling- self management, children of Indonesian migrant workers, emotional regulation, resilience.*