

ABSTRAK

Luh Sri Wahyuni (2025), Efektivitas Konseling Realitas Teknik Want, Doing, Evaluation, Planning Untuk Mentreatment Kesadaran Diri Dan Interpersonal Skill Siswa Di Smp Negeri 8 Denpasar. Tesis, Program Studi Bimbingan dan Konseling, Program Pascasarjana, Universitas Pendidikan Ganesha. Email: sriw78933@gmail.com. Tesis ini sudah disetujui dan diperiksa oleh Pembimbing I: Prof. Dr. I Ketut Dharsana, M.Pd., Kons. Email: ketutdharsana@undiksha.ac.id dan Pembimbing II: Dr. Luh Putu Sri Lestari, S.Pd., M.Pd. Email: putusrilestari@undiksha.ac.id. Penelitian ini bertujuan untuk mendeskripsikan efektivitas konseling realitas teknik Want, Doing, Evaluation, Planning (WDEP) terhadap: (1) peningkatan kesadaran diri siswa, (2) peningkatan interpersonal skill siswa, dan (3) peningkatan kesadaran diri dan interpersonal skill siswa secara simultan di SMP Negeri 8 Denpasar. Penelitian ini menggunakan pendekatan kuantitatif dengan desain quasi experiment berupa pretest-posttest non-equivalent control group design. Populasi dalam penelitian ini adalah siswa SMP Negeri 8 Denpasar. Penentuan sampel penelitian menggunakan teknik cluster random sampling dengan jumlah subjek penelitian sebanyak 80 siswa yang dibagi ke dalam kelompok eksperimen dan kelompok kontrol. Penelitian ini dirancang dalam bentuk penelitian eksperimen semu (*quasi experimental research*). Data dalam penelitian ini dikumpulkan menggunakan kuesioner kesadaran diri dan interpersonal skill yang telah diuji validitas dan reliabilitasnya. Data dianalisis menggunakan teknik Multivariate Analysis of Variance (MANOVA). Hasil penelitian menunjukkan bahwa: (1) terdapat pengaruh yang signifikan konseling realitas teknik Want, Doing, Evaluation, Planning (WDEP) terhadap kesadaran diri siswa dengan nilai Sig. 0,000; (2) terdapat pengaruh yang signifikan konseling realitas teknik Want, Doing, Evaluation, Planning (WDEP) terhadap interpersonal skill siswa dengan nilai Sig. 0,000; dan (3) terdapat pengaruh yang signifikan secara simultan konseling realitas teknik Want, Doing, Evaluation, Planning (WDEP) terhadap kesadaran diri dan interpersonal skill siswa dengan nilai Sig. 0,000. Berdasarkan temuan tersebut dapat disimpulkan bahwa konseling realitas teknik Want, Doing, Evaluation, Planning (WDEP) efektif digunakan untuk mentreatment kesadaran diri dan interpersonal skill siswa di SMP Negeri 8 Denpasar, baik secara terpisah maupun simultan. Dengan demikian, teknik WDEP dapat digunakan sebagai strategi intervensi dalam layanan bimbingan dan konseling untuk membantu siswa memahami diri, mengevaluasi perilaku, serta mengembangkan kemampuan hubungan sosial yang lebih adaptif dan bertanggung jawab.

Kata-kata kunci: konseling realitas, teknik WDEP, kesadaran diri, interpersonal skill.

ABSTRACT

Luh Sri Wahyuni (2025), *The Effectiveness of Reality Therapy Using Want, Doing, Evaluation, and Planning Techniques in Improving Students' Self-Awareness and Interpersonal Skills at SMP Negeri 8 Denpasar*. Thesis, Guidance and Counseling Study Program, Postgraduate Program, Ganesha University of Education. Email: sriw78933@gmail.com. This thesis has been approved and examined by Supervisor I: Prof. Dr. I Ketut Dharsana, M.Pd., Kons. Email: ketutdharsana@undiksha.ac.id and Supervisor II: Dr. Luh Putu Sri Lestari, S.Pd., M.Pd. Email: putusrilestari@undiksha.ac.id. This study aimed to analyze the effectiveness of reality therapy using the Want, Doing, Evaluation, and Planning (WDEP) technique on: (1) improving students' self-awareness, (2) improving students' interpersonal skills, and (3) improving students' self-awareness and interpersonal skills simultaneously at SMP Negeri 8 Denpasar. This study employed a quantitative approach with a quasi-experimental design using a pretest-posttest non-equivalent control group design. The population of this study consisted of students at SMP Negeri 8 Denpasar. The sample was selected using cluster random sampling, involving 80 students divided into an experimental group and a control group. This study was designed as a quasi-experimental research. Data were collected using self-awareness and interpersonal skills questionnaires that had been tested for validity and reliability. The data were analyzed using Multivariate Analysis of Variance (MANOVA). The results of the study showed that: (1) there was a significant effect of reality therapy using the Want, Doing, Evaluation, and Planning (WDEP) technique on students' self-awareness with a significance value of 0.000; (2) there was a significant effect of reality therapy using the Want, Doing, Evaluation, and Planning (WDEP) technique on students' interpersonal skills with a significance value of 0.000; and (3) there was a simultaneous significant effect of reality therapy using the Want, Doing, Evaluation, and Planning (WDEP) technique on students' self-awareness and interpersonal skills with a significance value of 0.000. Based on these findings, it can be concluded that reality therapy using the Want, Doing, Evaluation, and Planning (WDEP) technique is effective in improving students' self-awareness and interpersonal skills at SMP Negeri 8 Denpasar, both partially and simultaneously. Therefore, the WDEP technique can be used as an intervention strategy in guidance and counseling services to help students understand themselves, evaluate their behavior, and develop more adaptive and responsible social relationship skills.

Keywords: reality therapy using WDEP technique, self-awareness, interpersonal skills.