

ABSTRAK

Septiani, Fitria. 2026. *Efektivitas Konseling Kognitif Behavior Teknik Mindfulness untuk Meningkatkan Regulasi Emosi dan Perilaku Prososial Siswa SMK Sri Tanjung Banyuwangi*.

Tesis ini telah diperiksa, ditelaah, dan disetujui oleh Pembimbing I, Prof. Dr. I Ketut Gading, M.Psi., serta Pembimbing II, Prof. Dr. I Ketut Dharsana, M.Pd., Kons

Penelitian ini bertujuan menganalisis efektivitas konseling kognitif behavior berbasis mindfulness dalam meningkatkan regulasi emosi dan perilaku prososial siswa SMK Sri Tanjung Banyuwangi. Penelitian menggunakan pendekatan kuantitatif dengan desain quasi experiment tipe *nonequivalent control group design*. Subjek penelitian berjumlah 30 siswa yang dibagi menjadi kelompok eksperimen dan kelompok kontrol masing-masing 15 siswa. Kelompok eksperimen memperoleh enam sesi konseling kognitif behavior berbasis mindfulness, sedangkan kelompok kontrol memperoleh layanan bimbingan dan konseling konvensional. Data dikumpulkan menggunakan skala regulasi emosi dan perilaku prososial yang telah memenuhi uji validitas dan reliabilitas. Analisis data menggunakan uji *paired sample t-test*, *independent sample t-test*, dan MANOVA. Hasil penelitian menunjukkan bahwa konseling kognitif behavior berbasis mindfulness efektif meningkatkan regulasi emosi (Sig. = 0,000), perilaku prososial (Sig. = 0,000), serta keduanya secara simultan (Wilks' Lambda = 0,321; F = 13,784; Sig. = 0,000). Temuan ini menunjukkan bahwa integrasi restrukturisasi kognitif dan latihan mindfulness mampu meningkatkan kesadaran diri, pengendalian emosi, empati, kerja sama, dan kualitas hubungan interpersonal siswa. Dengan demikian, pendekatan ini layak dijadikan alternatif layanan bimbingan dan konseling di SMK.

Kata Kunci : konseling kognitif behavior, mindfulness, regulasi emosi, perilaku prososial, siswa SMK.

ABSTRACT

Septiani, Fitria. 2026. The Effectiveness of Cognitive Behavioral Counseling with Mindfulness Techniques in Improving Emotional Regulation and Prosocial Behavior of Students at SMK Sri Tanjung Banyuwangi.

his thesis has been reviewed and approved by Supervisor I, Prof. Dr. I Ketut Gading, M.Psi., and Supervisor II, Prof. Dr. I Ketut Dharsana, M.Pd., Kons.

This study aimed to determine the effectiveness of Cognitive Behavioral Counseling with mindfulness techniques in improving emotional regulation and prosocial behavior among students of SMK Sri Tanjung Banyuwangi. The study was motivated by preliminary findings indicating that some students experienced difficulties in managing negative emotions, controlling emotional responses, and demonstrating optimal prosocial behavior in daily social interactions. These conditions highlight the need for effective guidance and counseling interventions to help students develop adaptive emotional regulation and positive social behavior. This study employed a quantitative approach using a quasi-experimental design with a pretest-posttest control group design. The population consisted of tenth- and eleventh-grade students of SMK Sri Tanjung Banyuwangi. The sample was selected using purposive sampling based on criteria relevant to the research objectives. Data were collected through emotional regulation and prosocial behavior scales that had met validity and reliability requirements. The experimental group received Cognitive Behavioral Counseling integrated with mindfulness techniques, while the control group received regular school guidance and counseling services. Data were analyzed using descriptive and inferential statistical techniques to examine differences between pretest and posttest scores. The findings indicated that Cognitive Behavioral Counseling with mindfulness techniques was effective in improving students' emotional regulation. Furthermore, the intervention was also effective in enhancing students' prosocial behavior. These results suggest that integrating mindfulness techniques into Cognitive Behavioral Counseling helps students develop greater self-awareness, regulate emotions more adaptively, reduce emotional reactivity, and increase empathy, cooperation, and social concern toward others. The implications of this study indicate that Cognitive Behavioral Counseling with mindfulness techniques can serve as an evidence-based counseling intervention for developing students' social and emotional competencies and supporting the implementation of the Pancasila Student Profile within the school environment.

Keywords: *Cognitive Behavioral Counseling, Emotional Regulation, Prosocial Behavior, Mindfulness, Vocational High School Students.*