

**EFEKTIVITAS KONSELING KOGNITIF BEHAVIORAL TEKNIK
ASSERTIVE TRAINING UNTUK MENINGKATKAN *SELF EFFICACY*
AKADEMIK SISWA DI SMP NEGERI 2 SINGARAJA**

Oleh

Putu Bunga Febriyanti, NIM 2211011026

Program Studi Bimbingan Konseling

Jurusan Ilmu Pendidikan, Psikologi dan Bimbingan

ABSTRAK

Penelitian ini bertujuan menguji efektivitas konseling kognitif behavioral dengan teknik *assertive training* untuk meningkatkan *self efficacy* akademik siswa di SMP Negeri 2 Singaraja. Penelitian menggunakan pendekatan kuantitatif menggunakan desain *Pre Experimental Design* dengan rancangan *One-Group Pretest-Posttest Design*. Sampel penelitian berjumlah 13 siswa yang dipilih menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan dengan menggunakan metode kuesioner, wawancara dan observasi. Analisis data meliputi analisis deskriptif, perhitungan N-Gain, uji normalitas *Shapiro Wilk*, dan uji hipotesis *Wilcoxon Signed Rank Test*. Adapun hasil penelitian menunjukkan : (1) terdapat peningkatan *self efficacy* akademik setelah pemberian intervensi konseling kognitif behavioral dengan teknik *assertive training*, dapat dilihat berdasarkan peningkatan skor *pretest – posttest*, (2) rata-rata N-Gain sebesar 76,45% tergolong efektif. Karena data tidak sepenuhnya berdistribusi normal, pengujian hipotesis dilakukan menggunakan uji non parametrik. (3) Hasil Uji *Wilcoxon Signed Rank Test* menunjukkan $Z = -3,185$ dengan nilai signifikansi $p = 0,001$ ($p < 0,05$), sehingga hipotesis penelitian yang menyatakan bahwa Konseling kognitif behavioral teknik *assertive training* efektif untuk meningkatkan *self efficacy* akademik siswa SMP Negeri 2 Singaraja dapat diterima. Berdasarkan hal tersebut dapat disimpulkan bahwa konseling kognitif behavioral dengan teknik *assertive training* terbukti efektif dalam meningkatkan *self efficacy* akademik siswa di SMP Negeri 2 Singaraja.

Kata Kunci : konseling kognitif behavioral, teknik *assertive training*, *self efficacy* akademik

**EFFECTIVENESS OF COGNITIVE BEHAVIORAL COUNSELING AND
ASSERTIVE TRAINING TECHNIQUES TO IMPROVE STUDENTS'
ACADEMIC SELF-EFFICACY AT SMP NEGERI 2 SINGARAJA**

By

Putu Bunga Febriyanti, NIM 2211011026

Guidance and Counseling Study Program

Department of Education, Psychology, and Guidance

ABSTRACT

This study aims to test the effectiveness of cognitive behavioral counseling with assertive training techniques to improve students' academic self efficacy at SMP Negeri 2 Singaraja. The study used a quantitative approach using a Pre-Experimental Design with a One-Group Pretest-Posttest Design. The research sample consisted of 13 students selected using a purposive sampling technique. Data collection was carried out using questionnaires, interviews, and observations. Data analysis included descriptive analysis, N Gain calculations, Shapiro Wilk normality tests, and Wilcoxon Signed Rank Test hypothesis tests. The results of the study showed: (1) there was an increase in academic self efficacy after providing cognitive behavioral counseling interventions with assertive training techniques, as seen based on the increase in pretest-posttest scores, (2) the average N Gain of 76.45% was classified as effective. Because the data were not completely normally distributed, hypothesis testing was carried out using non-parametric tests. (3) The results of the Wilcoxon Signed Rank Test show $Z = -3.185$ with a significance value of $p = 0.001$ ($p < 0.05$), so the research hypothesis stating that cognitive behavioral counseling with assertive training techniques is effective in increasing the academic self-efficacy of students at SMP Negeri 2 Singaraja can be accepted. Based on this, it can be concluded that cognitive behavioral counseling with assertive training techniques has proven effective in increasing the academic self efficacy of students at SMP Negeri 2 Singaraja.

Keywords: cognitive behavioral counseling, assertive training techniques, academic self efficacy