

PENGEMBANGAN *E-MODUL* BERBASIS KONSELING *COGNITIVE BEHAVIORAL* DENGAN TEKNIK *COGNITIVE RESTRUCTURING* UNTUK MENANGANI KECEMASAN SOSIAL PADA KORBAN *BULLYING* DI SEKOLAH MENENGAH PERTAMA

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ABSTRAK

Bullying merupakan permasalahan yang masih sering terjadi di lingkungan sekolah dan berdampak pada munculnya kecemasan sosial pada peserta didik. Korban *bullying* cenderung mengalami ketakutan terhadap penilaian negatif, menarik diri dari lingkungan sosial, dan menghindari berbagai situasi sosial. Penelitian ini bertujuan untuk menghasilkan rancangan bangun *e-modul* berbasis *Cognitive Behavioral* dengan teknik *Cognitive Restructuring*, menguji tingkat validitas, kepraktisan, dan efektivitas *e-modul* dalam menangani kecemasan sosial pada siswa korban *bullying*. Penelitian ini menggunakan metode *Research and Development (R&D)* dengan model *ADDIE* yang meliputi tahap *Analyze, Design, Development, Implementation*, dan *Evaluation*. Subjek penelitian terdiri atas ahli materi, ahli media, guru Bimbingan dan Konseling, serta siswa kelas VIII SMP Negeri 1 Singaraja. Data dikumpulkan melalui observasi, wawancara, angket, dan kuesioner kecemasan sosial, kemudian dianalisis secara deskriptif kuantitatif, deskriptif kualitatif, dan *paired sample t-test*. Hasil penelitian menunjukkan bahwa *e-modul* berhasil dikembangkan melalui tahapan model *ADDIE*. Uji validitas memperoleh koefisien Aiken's *V* sebesar 0,875–1,00 dengan kategori sangat valid. Uji kepraktisan menunjukkan kategori sangat praktis. Uji efektivitas menunjukkan nilai *t* hitung 17,401 > *t* tabel 2,365, signifikansi 0,000 ($p < 0,05$), serta penurunan rata-rata skor kecemasan sosial sebesar 32,125. Dengan demikian, *e-modul* yang dikembangkan layak digunakan sebagai media pendukung layanan bimbingan dan konseling di Sekolah Menengah Pertama.

Kata kunci: *bullying, cognitive behavioral, cognitive restructuring, e-modul, kecemasan sosial*.

DEVELOPMENT OF AN E-MODULE BASED ON COGNITIVE BEHAVIORAL COUNSELING WITH COGNITIVE RESTRUCTURING TECHNIQUES TO ADDRESS SOCIAL ANXIETY AMONG BULLYING VICTIMS IN JUNIOR HIGH SCHOOL

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ABSTRACT

Bullying remains a prevalent issue in schools and contributes to the development of social anxiety among students. Victims of bullying tend to experience fear of negative evaluation, withdraw from social interactions, and avoid various social situations. This study aimed to develop an e-module based on Cognitive Behavioral Counseling with Cognitive Restructuring techniques and to examine its validity, practicality, and effectiveness in addressing social anxiety among students who were victims of bullying. This study employed a Research and Development (R&D) method using the ADDIE model, which consists of the Analyze, Design, Development, Implementation, and Evaluation stages. The research participants included subject matter experts, media experts, Guidance and Counseling teachers, and eighth-grade students at SMP Negeri 1 Singaraja. Data were collected through observations, interviews, questionnaires, and a social anxiety questionnaire and were analyzed using quantitative descriptive analysis, qualitative descriptive analysis, and a paired-sample t-test. The findings indicated that the e-module was successfully developed through the ADDIE stages. The validity test produced an Aiken's V coefficient ranging from 0.875 to 1.00, indicating a very high level of validity. The practicality test showed that the e-module was highly practical. The effectiveness test revealed a calculated t value of 17.401, which was higher than the critical t value of 2.365, with a significance value of 0.000 ($p < 0.05$), and a mean reduction in social anxiety scores of 32.125. Therefore, the developed e-module is feasible for use as a supporting medium for Guidance and Counseling services in junior high schools.

Keywords: bullying, cognitive behavioral counseling, cognitive restructuring, e-module, social anxiety.