

**EFEKTIVITAS TEORI KONSELING BEHAVIORAL TEKNIK
DESENSITISASI SISTEMATIS DALAM MEMINIMALISIR KECEMASAN
AKADEMIK SISWA PADA KELAS VII DI SMP NEGERI 3 SINGARAJA**

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ABSTRAK

Kecemasan akademik adalah kondisi emosional negatif yang ditandai dengan gelisah, sulit konsentrasi, khawatir, dan takut gagal. Berdasarkan observasi awal di SMP Negeri 3 Singaraja, ditemukan sejumlah siswa kelas VII mengalami kecemasan akademik tinggi seperti gelisah berlebih saat ujian, kesulitan fokus, dan menghindari tugas. Penelitian ini bertujuan menguji efektivitas konseling *behavioral* teknik *desensitisasi sistematis* dalam meminimalisir kecemasan akademik siswa. Penelitian menggunakan desain *quasi eksperimen pretest-posttest control group* dengan teknik *purposive sampling* dan instrumen kuesioner kecemasan akademik. Hasil analisis menunjukkan penurunan signifikan skor kecemasan akademik pada kelompok eksperimen setelah 8 sesi intervensi. Teknik *desensitisasi sistematis* terbukti efektif mengurangi respons kecemasan melalui paparan hierarkis dan relaksasi progresif. Konseling *behavioral* dengan teknik ini dinilai tepat untuk membentuk ketenangan emosional siswa secara berkelanjutan dan aplikatif dalam layanan BK sekolah.

Kata Kunci: Kecemasan Akademik, Konseling *Behavioral*, Teknik *Desensitisasi Sistematis*

**EFFECTIVENESS OF BEHAVIORAL COUNSELING THEORY USING
SYSTEMATIC DESENSITIZATION TECHNIQUE IN MINIMIZING
ACADEMIC ANXIETY AMONG 7TH GRADE STUDENTS AT SMP
NEGERI 3 SINGARAJA**

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ABSTRACT

*Academic anxiety is a negative emotional condition characterized by restlessness, difficulty concentrating, worry, and fear of failure. Based on initial observations at SMP Negeri 3 Singaraja, several 7th grade students were found to experience high academic anxiety, such as excessive restlessness during exams, difficulty focusing, and avoiding assignments. This research aims to test the effectiveness of behavioral counseling using systematic desensitization technique in minimizing students' academic anxiety. The study employed a **quasi-experimental pretest-posttest control group design** with purposive sampling technique and academic anxiety questionnaire as the instrument. Analysis results showed a **significant reduction in academic anxiety scores** in the experimental group after 8 intervention sessions. The systematic desensitization technique proved effective in reducing anxiety responses through hierarchical exposure and progressive relaxation. Behavioral counseling with this technique is deemed appropriate for developing students' emotional calmness sustainably and applicable in school guidance and counseling services.*

Keywords: *Academic Anxiety, Behavioral Counseling, Systematic Desensitization Technique*