

PENGEMBANGAN PANDUAN KONSELING *COGNITIVE BEHAVIOR*
TEKNIK RESTRUKTURISASI KOGNITIF BERBASIS *WEBSITE*
UNTUK MENINGKATKAN *SELF EFFICACY* PADA SISWA

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ABSTRAK

Studi ini bertujuan untuk menguji keberterimaan dan keefektipan konseling *Cognitive Behavior* dengan teknik restrukturisasi kognitif berbasis website dalam meningkatkan self efficacy siswa. Studi ini dilakukan berdasarkan prosedur pengembangan model 4D oleh Thiagarajan. Subyek penelitian terdiri dari 3 orang praktisi dan ahli yang menilai sistem konseling secara teoretis, juga melibatkan 30 orang siswa sebagai responden uji coba terbatas keefektifan sistem konseling. Data tentang keberterimaan, kemudahan akses, dan kebermanfaatan sistem dan modul konseling diperoleh melalui skala AAF, dan data *efficacy* diperoleh melalui skala efikasi. Analisis data terkait keberterimaan sistem konseling atau validitas teoretis berdasarkan penilaian praktisi dan ahli dilakukan menggunakan perhitungan content validity ratio. Analisis stastitik uji t-test untuk menguji efektifitas sistem konseling setelah uji coba terbatas. Tanggapan siswa peserta uji coba terhadap keberterimaan, kemudahan akses dan kebermanfaatan konseling *ognitive behavior* dengan teknik restrukturisasi kognitif berbasis *website Schoology* dideskripsikan dan dilakukan analisis presentase. Hasil penelitian menunjukkan bahwa sistem dan panduan konseling cognitive behavior memiliki indeks validitas isi atau CVI sebesar 0,95 yang berarti sangat baik. Uji efektifitas melalui uji emperik terbatas menunjukkan bahwa nilai t sebesar 4.26, pada $p > 0.05$ yang menunjukkan bahwa konseling *cognitive behavior* teknik restrukturisasi berbasis *website schoology* efektif meningkatkan *self efficacy* siswa. Tanggapan siswa terhadap keberterimaan, kemudahan akses dan kebermanfaatan sistem dan panduan konseling dalam kategori baik, dengan indeks rata-rata lebih dari 50% siswa setuju sistem konseling dan modul panduan mudah dipahami dan dilaksanakan, mudah diakses dan bermanfaat. Hasil penelitian ini berimplikasi terhadap pengembangan dan inovasi layanan bimbingan dan konseling di sekolah berbasis ICT, khususnya menggunakan *Schoology*.

Kata Kunci : Konseling *Cognitive Behavior*, Teknik Restrukturisasi Kognitif, *Self Efficacy*, 4D

ABSTRACT

This study aims to test the acceptability and effectiveness of Cognitive Behavior counseling with website-based cognitive restructuring techniques in increasing students' self-efficacy. This study was conducted based on the 4D model development procedure by Thiagarajan. The research subjects consisted of 3 practitioners and experts who assessed the theoretical counseling system, also involving 30 students as respondents in a limited trial of the effectiveness of the counseling system. Data on acceptability, ease of access, and usefulness of the counseling system and module were obtained through the AAF scale, and efficacy data was obtained through the efficacy scale. Data analysis related to the acceptance of the counseling system or theoretical validity based on the judgments of practitioners and experts was carried out using the calculation of the content validity ratio. Statistical analysis of the t-test to test the effectiveness of the counseling system after a limited trial. The responses of the trial participants to the acceptability, ease of access and usefulness of cognitive behavior counseling with cognitive restructuring techniques based on the Schoology website were described and a percentage analysis was performed. The results showed that the cognitive behavior counseling system and guidance had a content validity index or CVI of 0.95, which means very good. The effectiveness test through a limited empirical test shows that the t value is 4.26, at $p > 0.05$ which indicates that cognitive behavioral counseling, restructuring techniques based on the schoology website, is effective in increasing students' self-efficacy. Student responses to the acceptability, ease of access and usefulness of the counseling system and guidance are in the good category, with an average index of more than 50% of students agreeing that the counseling system and guide module are easy to understand and implement, easy to access and useful. The results of this study have implications for the development and innovation of guidance and counseling services in ICT-based schools, especially using Schoology.

Keywords: Cognitive Behavior Counseling, Cognitive Restructuring Techniques, Self Efficacy, 4D