

Pengembangan Buku Panduan Konseling Kognitif Behavioral Teknik *Self-Management* Untuk Meningkatkan *Self-Control* Siswa SMA

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ABSTRAK

Penelitian ini bertujuan untuk mengembangkan serta menguji keterterimaan dan efektivitas buku panduan konseling kognitif behavioral teknik *self-management* untuk meningkatkan *self-control* siswa SMA. Penelitian ini termasuk jenis penelitian pengembangan dengan menggunakan prosedur pengembangan 4D (*Define, Design, Develop, dan Disseminate*). Penelitian ini melibatkan 3 orang ahli dan 2 orang praktisi di bidang bimbingan konseling yang bertugas untuk menguji keterterimaan buku panduan. Data penelitian dikumpulkan dengan kuesioner yang dianalisis dengan formula *Content Validity Ratio (CVR)*, *Content Validity Indeks (CVI)*, dan *t-test*. Hasil analisis CVR menunjukkan seluruh pernyataan item kuesioner diterima dan memperoleh nilai CVI sebesar 1 dengan kategori sangat baik, dengan demikian buku panduan konseling kognitif behavioral teknik *self-management* telah memenuhi ketentuan keterterimaan. Uji efektivitas buku panduan dilaksanakan kepada 10 siswa kelas XI SMAN 1 Banjarangkan dengan menggunakan desain eksperimen *one group pre-test post-test*. Hasil uji t menunjukkan nilai signifikansi 0,001, yang berarti penggunaan buku panduan konseling kognitif behavioral teknik *self-management* ini efektif untuk meningkatkan *self-control* siswa SMA.

Kata Kunci : *Self-control*, Konseling Kognitif Behavioral, Teknik *Self-management*.



Development of a Cognitive Behavioral Counseling Guidebook for Self-Management Techniques to Improve Self-Control of High School Students

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ABSTRACT

This study aims to develop and test the acceptability and effectiveness of a cognitive behavioral counseling guidebook on self-management techniques to improve self-control in high school students. This research is a type of development research using 4D development procedures (Define, Design, Develop, and Disseminate). This study involved 3 experts and 2 practitioners in the field of counseling to test the acceptability of the guidebook. The research data was collected by using a questionnaire which was analyzed with the formula Content Validity Ratio (CVR), Content Validity Index (CVI), and t-test. The results of the CVR analysis showed that all item statements were accepted and obtained a CVI of 1 with a very good category, thus the cognitive counseling guidebook for self-management techniques has met the acceptability requirements. Test the effectiveness of the practical guidebook to 10 students of class XI SMA Negeri 1 Banjarangkan using an experimental design of one group pre-test post-test. The results of the t-test found a significance value of 0.001, which means that the use of this cognitive behavioral counseling with self-management technique guidebook is an effective to improve high school students' self-control.

Keywords: Self-Control, Behavioral Cognitive Counseling, Self-Management Techniques.