

**PENGEMBANGAN PANDUAN KONSELING *COGNITIVE BEHAVIOR*  
TEKNIK RELAKSASI BERBASIS *WEBSITE* UNTUK MEREDUKSI  
KEJENUHAN BELAJAR SISWA SMA**

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**ABSTRAK**

Studi ini bertujuan untuk menguji keberterimaan dan keefektifan konseling *cognitive behavior* teknik relaksasi berbasis *website* untuk mereduksi kejenuhan siswa SMA. Studi ini dilakukan berdasarkan prosedur penelitian pengembangan mengikuti model pengembangan 4D oleh Thiagarajan (1974). Subjek 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 kejenuhan belajar diperoleh melalui skala MBI-SS. Analisis data terkait keberterimaan sistem konseling atau validitas teoretis berdasarkan penilaian praktisi dan ahli dilakukan menggunakan perhitungan *content validity ratio*. Analisis statistik uji t-test untuk menguji efektifitas sistem konseling setelah uji coba terbatas. Tanggapan siswa peserta uji coba terhadap keberterimaan, kemudahan akses dan kebermanfaatan konseling *cognitive behavior* teknik relaksasi kognitif berbasis *website* dideskripsikan dan dilakukan analisis presentase. Hasil penelitian menunjukkan bahwa sistem dan panduan konseling *cognitive behavior* memiliki indeks validitas isi atau CVI sebesar 1 yang berarti sangat baik. Uji efektifitas melalui uji empirik terbatas menunjukkan bahwa nilai t sebesar 28.7, pada  $p > 0.05$  yang menunjukkan bahwa konseling *cognitive behavior* teknik relaksasi berbasis *website* efektif mereduksi kejenuhan belajar siswa SMA. 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 *website*.

Kata Kunci : kejenuhan belajar, model pengembangan 4D, konseling *cognitive behavior*, teknik relaksasi.

## **ABSTRACT**

*This study aims to test the acceptability and effectiveness of cognitive behavior counseling website-based relaxation techniques to reduce high school students' boredom. This study was conducted based on development research procedures following the 4D development model by Thiagarajan (1974). The research subjects consisted of 3 practitioners and experts who assessed the counseling system theoretically, 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 counseling systems and modules were obtained using the AAF scale, and data on learning saturation were obtained using the MBI-SS 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 content validity ratio calculation. Statistical analysis of the t-test to test the effectiveness of the counseling system after a limited trial. Student responses from trial participants to the acceptability, ease of access and usefulness of cognitive behavior counseling website-based cognitive relaxation techniques were described and percentage analysis was performed. The results showed that the cognitive behavior counseling system and guidance had a content validity index or CVI of 1 which means very good. The effectiveness test through a limited empirical test showed that the t value was 28.7, at  $p > 0.05$  which indicated that cognitive behavior counseling website-based relaxation techniques were effective in reducing learning saturation of high school students. 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 website-based schools.*

*Keywords: learning saturation, 4D development model, cognitive behavior counseling, relaxation techniques.*