

ABSTRAK

Lois Octavia, NIM.20211010010, Efektivitas Layanan Konseling Kelompok Melalui Sinema Edukasi Untuk Mengurangi Perilaku *Bullying* di MTs As Sidah Kudus.

Penelitian ini bertujuan untuk mengetahui efektivitas layanan konseling kelompok melalui sinema edukasi untuk mengurangi perilaku *bullying* di MTs As Sidah Kudus. Penelitian ini menggunakan pendekatan kuantitatif. Penelitian ini menekankan analisis dalam data numerik dan kemudian dianalisis dengan metode statistik yang sesuai. Desain yang digunakan yaitu *one-group pretest-posttest design*. Populasi dalam penelitian menggunakan kelas VIII A dan B dengan jumlah peserta didik 48, sementara sampel yang digunakan 6 peserta didik. Teknik pengambilan sampel ini menggunakan *purposive sampling* dengan memperhatikan peserta didik yang mendapatkan hasil skor nilai tinggi.

Hasil penelitian diantaranya: Pemberian layanan konseling kelompok dengan durasi 45 menit. Menggunakan pendekatan behavioral yang telah di aplikasikan dalam kegiatan konseling kelompok, dimana tujuan dari pendekatan behavioral ini untuk mengubah perilaku yang tidak di inginkan menjadi perilaku yang di inginkan. kegiatan konseling kelompok dilakukan sebanyak 3 kali. Faktor yang menjadi pendorong terjadinya *bullying*, diantaranya adalah: Faktor teman sebaya faktor lingkungan sekolah dan faktor media sosial. Menurut hasil penelitian uji hipotesis (*paired sample t-test*) memperoleh nilai signifikansi 0,000. Hal ini dinyatakan bahwa $0,000 < 0,05$ yang berarti H_0 ditolak dan H_a diterima. Berdasarkan hasil output statistik berpasangan mendapatkan nilai rata-rata *pretest* sebesar 84,67 dan nilai *posttest* sebesar 43,17 yang berarti bahwa nilai rata-rata *posttest* lebih rendah daripada *pretest* sehingga dapat dikatakan terdapat perbedaan antara sebelum dan sesudah diberikan perlakuan. Berdasarkan pernyataan diatas dapat disimpulkan bahwa layanan konseling kelompok melalui sinema edukasi untuk meminimalisir perilaku *bullying* di MTs As Sidah Kudus.

Kata Kunci: Layanan Konseling Kelompok, Sinema Edukasi, Perilaku *Bullying*

ABSTRACT

Lois Octavia, NIM.20211010010, Effectiveness of Group Counseling Services Through Educational Cinema to Reduce Bullying Behavior at MTs As Sidah Kudus.

This research aims to determine the effectiveness of group counseling services through educational cinema to reduce bullying behavior at MTs As Sidah Kudus. This study uses a quantitative approach. This research emphasizes analysis in numerical data and then analyzed using appropriate statistical methods. The design used is one-group pretest-posttest design. The population in the study used classes VIII A and B with a total of 48 students, while the sample used was 6 students. This sampling technique uses purposive sampling by paying attention to students who get high scores.

The research results include: Providing group counseling services with a duration of 45 minutes. Using a behavioral approach that has been applied in group counseling activities, where the aim of this behavioral approach is to change unwanted behavior into desired behavior. Group counseling activities were carried out 3 times. Factors that drive bullying include: peer factors, school environment factors and social media factors. According to the research results, hypothesis testing (paired sample t-test) obtained a significance value of 0.000. It is stated that $0.000 < 0.05$ which means H_0 is rejected and H_a is accepted. Based on the results of the paired statistical output, the average pretest value was 84.67 and the posttest value was 43.17, which means that the average posttest value was lower than the pretest, so it could be said that there was a difference between before and after treatment was given. Based on the statement above, it can be concluded that group counseling services through educational cinema minimize bullying behavior at MTs As Sidah Kudus.

Keywords: Group Counseling Services, Educational Cinema, Bullying Behavior