

ABSTRAK

PENGGUNAAN LAYANAN BIMBINGAN KELOMPOK TEKNIK *MODELLING* SIMBOLIK UNTUK MENINGKATKAN KEMAMPUAN REGULASI EMOSI SISWA KELAS VII SMP AL-KAUTSAR BANDAR LAMPUNG

Oleh

Mei Lisa Wati

Penelitian ini bertujuan untuk mengetahui layanan bimbingan kelompok teknik *modelling* simbolik dapat dipergunakan untuk meningkatkan kemampuan regulasi emosi pada siswa kelas VII SMP Al-Kautsar Bandar Lampung. Desain penelitian ini yaitu *time series design* dengan menggunakan metode *quasi experimental*. Subyek penelitian berjumlah 10 orang. Teknik pengumpulan data menggunakan skala regulasi emosi. Hasil penelitian menunjukkan dari hasil analisis data *pretest* dan *posttest* regulasi emosi siswa dengan menggunakan uji *Wilcoxon*, diperoleh dengan skor Z hitung = $-2.810 < Z$ tabel = 1.645 sehingga H_0 ditolak dan H_a diterima. Kesimpulan penelitian terdapat peningkatan kemampuan regulasi emosi dengan layanan bimbingan kelompok teknik *modelling* simbolik pada siswa kelas VII SMP Al-Kautsar Bandar Lampung.

Kata kunci: bimbingan kelompok, regulasi emosi, teknik *modelling* simbolik.

ABSTRACT

USE OF THE GROUP GUIDANCE SERVICES with SYMBOLIC MODELING TECHNIQUES TO IMPROVE THE ABILITY OF EMOTIONAL REGULATION IN SEVENTH GRADE STUDENTS OF JUNIOR HIGH SCHOOL AL-KAUTSAR BANDAR LAMPUNG

By

Mei Lisa Wati

This study aims to determine the group guidance services with symbolic modeling techniques can be used to improve the ability of emotional regulation in seventh grade students of SMP Al-Kautsar Bandar Lampung. The design of this study is a time series design using a quasi-experimental method. The research subjects were 10 people. The data collection technique used an emotional regulation scale. The results showed that from the results of the pretest and final test data analysis of students' emotional regulation using the Wilcoxon test, it was obtained with a score of Z of counting= $-2.810 < Z$ of table = 1.645 so that H_0 was rejected and H_a was accepted. The conclusion of the study is that there is an increase in the ability to regulate emotions with group guidance services with symbolic modeling techniques in seventh grade students of SMP Al-Kautsar Bandar Lampung.

Keywords: group guidance, emotional regulation, symbolic modeling techniques.