

ABSTRAK

PENGGUNAAN KONSELING KELOMPOK TEKNIK *ASSERTIVE TRAINING* UNTUK MENINGKATKAN *SELF ESTEEM* PADA SISWA KELAS XI MADRASAH ALIYAH MATHLA'UL ANWAR GISTING TAHUN AJARAN 2019/2020

Oleh

SINTIA ASTARIANA

Masalah dalam penelitian ini adalah rendahnya tingkat *self esteem* pada siswa. Tujuan penelitian ini untuk meningkatkan *self esteem* siswa melalui teknik *assertive training* di MA Mathla'ul Anwar Gisting. Penelitian ini menggunakan metode *quasi eksperimen* dengan desain *times series design*. Subjek penelitian sebanyak 7 siswa yang didapat dari data pre-test. Teknik pengumpulan data menggunakan skala *self esteem*. Hasil penelitian menunjukkan nilai Asymp.Sig. (2-tailed) sebesar 0,001 dengan taraf signifikan 0,01. Karena nilai $0,001 < 0,05$, dengan demikian H_0 di tolak dan H_a diterima, yang berarti terdapat pengaruh signifikan terhadap *self esteem* siswa sebelum dilaksanakan layanan konseling kelompok dengan teknik *assertive training* skor siswa meningkat lebih tinggi. Kesimpulan dari penelitian ini terdapat pengaruh yang signifikan setelah diberikan layanan konseling kelompok teknik *assertive training* pada siswa kelas XI Ma Mathla'ul Anwar Gisting.

Kata kunci: konseling kelompok, *self esteem*, *assertive training*

ABSTRACT

**THE USE OF ASSERTIVE TRAINING TECHNIQUE CONSELING TO
INCREASE SELF ESTEEM IN CLASS XI STUDENTS MADRASAH
ALIYAH MATHLA'UL ANWAR GISTING ACADEMIC YEAR 2019/2020**

By

SINTIA ASTARIANA

The problem in this study is the low level of self-esteem in students. The purpose of this study was to increase student self-esteem through assertive training techniques at MA Mathla'ul Anwar Gisting. This study uses a quasi-experimental method with a times series design. The research subjects were 7 students obtained from pre-test data. The data collection technique uses a self-esteem scale. The results of the research show the value of Asymp.Sig. (2-tailed) of 0.001 with a significant level of 0.01. Because the value is $0.001 < 0.05$, thus H_0 is rejected and H_a is accepted, which means that there is a significant influence on student self-esteem before the group counseling service is carried out with the assertive training technique. Students' scores increase higher. The conclusion of this study is that there is a significant effect after being given group counseling services using assertive training techniques to class XI Ma Mathla'ul Anwar Gisting students.

Keywords: group counseling, self esteem, assertive training