ABSTRAK

EFEKTIVITAS LAYANAN BIMBINGAN KLASIKAL TEKNIK *ASSERTIVE TRAINING* DALAM MENINGKATKAN PERILAKU ASERTIF PADA SISWA KELAS X IPS SMA AL - AZHAR 3 BANDAR LAMPUNG TAHUN AJARAN 2022/2023

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Permasalahan penelitian ini adalah rendahnya tingkat perilaku asertif siswa. Penelitian ini bertujuan untuk meningkatkan perilaku asertif peserta didik kelas X IPS SMA Al-Azhar 3 Bandar Lampung tahun ajaran 2022/2023 dalam membangun hubungan dengan teman sebaya dan melakukan adaptasi dalam lingkungan dengan mengetahui aspek-aspek keterampilan mengembangkan perilaku asertif berdasarkan skala perilaku asertif menggunakan layanan bimbingan klasikal teknik *assertive training* yang kemudian dapat diketahui keefektifan pelaksanaan layanan tersebut. Penelitian ini merupakan penelitian *True Experiment Design* dengan pola *Pretest-Posttest Control Group Design* dengan pemberian perlakuan atau *treatment* sebanyak 6 kali pertemuan layanan bimbingan klasikal. Populasi merupakan seluruh siswa kelas X SMA Al-Azhar 3 Bandar Lampung sebanyak 216 siswa. Sampel penelitian berjumlah 48 siswa yang diambil menggunakan teknik *random sampling* yang kemudian sampel dibagi menjadi dua kelompok yaitu kelompok eksperimen dan kelompok kontrol. Teknik pengumpulan data menggunakan metode angket dan observasi. Teknik analisis data menggunakan penghitungan komputasi program SPSS untuk membandingkan hasil nilai *pretest* dan *posttest* yaitu dengan menggunakan uji *Paired Sample T Test*. Hasil penelitian menunjukkan bahwa nilai -t hitung < -t tabel = -6,194 < -1,678 dengan signifikansi sebesar p = 0,000 ; p < 0,05 yang berarti layanan bimbingan klasikal teknik *assertive training* efektif dalam meningkatkan perilaku asertif siswa.

Kata Kunci : Bimbingan dan Konseling, Bimbingan Klasikal, Layanan Format Klasikal, Perilaku Asertif, *Assertive Training*.

ABSTRACK

**THE EFFECTIVENESS OF CLASSICAL GUIDANCE SERVICES
ASSERTIVE TRAINING TECHNIQUES IN INCREASING STUDENT
ASSERTIVE BEHAVIOR IN CLASS X IPS OF SMA AL-AZHAR 3 BANDAR
LAMPUNG IN ACADEMIC YEAR 2022/2023**

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Adolescence is a period of transition to early adulthood and is in a perio of self development which requires adapting to their social environment. Teenagers who are able to adapt in their environment show that they are had assertive behavior. This research aim is to improve assertive behavior in student class X IPS of SMA Al-Azhar 3 Bandar Lampung academic year 2022/2023 in building relationships with peers and to adapt in the environment by knowing aspects of skills to develop assertive behavior based on the assertive behavior scale using assertive training classical guidance services then the effectiveness can be determined by implementation of the service. This research is using True Experimental research design with Pretest-Posttest Control Group Design by giving treatment as much as 6 meetings of clasical guidance services. The research population is all of first grader student in SMA Al-Azhar 3 Bandar Lampung with total 216 students. The research sample amounted to 48 students which selected by random sampling technic and were divided into two groups namely experimental group and control group. Data collection techniques using questionnaires and observation. Data analysis techniques using SPSS program calculations to compare the results of pretest and posttest score using Wilcoxon Match Paires Test. The results showed that -t score < -t table = -6,194 < -1,678 with a significance of $p = 0,000$; $p < 0,05$ which means that assertive training classical guidance services are effective in increasing students assertive behavior.

Keywords : Guidance and Counseling, Classical Guidance, Classical Format Service, Assertive Behavior, Assertive Training.