

## **ABSTRAK**

### **PENGEMBANGAN MODUL LAYANAN BIMBINGAN KELOMPOK DENGAN TEKNIK *PROBLEM SOLVING* TERHADAP KEJENUHAN BELAJAR SISWA SMA**

**Oleh**

**YULIDIA NURLATHIFAH**

Masalah dalam penelitian ini yaitu adanya indikasi terjadinya gejala kejenuhan belajar yang dialami oleh siswa/i SMA. Penelitian ini bertujuan untuk mengembangkan modul bimbingan kelompok dengan teknik *problem solving* sehingga menambah pemahaman guru BK/konselor terhadap masalah kejenuhan belajar siswa SMA. Penelitian ini merupakan jenis penelitian pengembangan (*research and development*) yang mengacu pada model 4D (*Define-Design-Develop-Disseminate*). Produk yang dikembangkan diuji kelayakannya dengan validasi oleh ahli media, ahli materi, ahli bahasa dan guru BK/Konselor yang sekaligus menjadi responden dalam pelaksanaan *Focus Group Discussion* (FGD). Teknik pengumpulan data menggunakan instrumen berupa kuesioner kelayakan modul dan kuesioner hasil respon kegiatan FGD. Teknik analisis data yaitu kuantitatif deskriptif. Hasil uji kelayakan modul oleh ahli media diperoleh 78,8%, ahli materi 79,4%, ahli bahasa 85,4% dinyatakan sangat layak, serta guru BK/konselor sebesar 87,5% dinyatakan sangat layak. Hasil penilaian rata-rata pelaksanaan kegiatan FGD oleh 3 guru BK/konselor terhadap modul yang dikembangkan sebesar 3,90 termasuk pada kategori sangat baik. Berdasarkan hasil tersebut, modul bimbingan kelompok dengan teknik *problem solving* terhadap kejenuhan belajar siswa SMA yang dikembangkan sangat layak untuk digunakan serta dapat dimanfaatkan/dipakai oleh guru BK/konselor pada tingkat SMA.

**Kata Kunci:** modul bimbingan kelompok, kejenuhan belajar, *problem solving*

## **ABSTRACT**

### **DEVELOPMENT OF GUIDANCE GROUP MODULE WITH PROBLEM SOLVING TECHNIQUE AGAINST LEARNING BURNOUT AMONG HIGH SCHOOL STUDENT**

**By**

**YULIDIA NURLATHIFAH**

*The problem in this study is that there are indications of learning burnout symptoms by high school students. This study aims to develop a group guidance module with problem solving techniques so as to increase the understanding of the counseling teacher/counselor on the problem of burnout learning for high school students. This research is a type of research and development which refers to the 4D model (Define-Design-Develop-Disseminate). The product developed is tested for feasibility by validation by media experts, material experts, linguists and counseling teachers/counselors who are also respondents in the implementation of Focus Group Discussions (FGD). Data collection techniques used instruments in the form of module feasibility questionnaires and questionnaires from the results of FGD activities. The data analysis technique is descriptive quantitative. The results of the module feasibility test by media experts obtained 78.8%, material experts 79.4%, linguists 85.4% declared very feasible, and counseling teachers/counselors 87.5% declared very feasible. The average assessment result for the implementation of FGD activities by 3 guidance counselors/counselors for the developed module was 3.90, which was included in the very good category. Based on these results, the group guidance module with problem solving techniques for high school students' learning burnout that was developed is very feasible to use and can be utilized/used by counseling teachers/counselors at the high school level.*

**Keywords:** *guidance group module, learning burnout, problem solving*