

ABSTRAK

EFEKTIVITAS LAYANAN BIMBINGAN KELOMPOK TEKNIK *JOURNALING* UNTUK MENINGKATKAN REGULASI EMOSI SISWA KELAS VIII SMP *ISLAMIC BOARDING* *SCHOOL* NUR SHOFIN NATAR TAHUN AJARAN 2024/2025

Oleh

AISYAH DEWI ARMISI

Penelitian ini dilatar belakangi oleh permasalahan mengenai kesulitan siswa dalam mengenali, memahami, dan mengendalikan emosinya, yang berdampak pada kesulitan dalam mengelola emosi, mengontrol reaksi, serta berperilaku secara adaptif di lingkungan sekolah. Tujuan dari penelitian ini adalah untuk mengetahui efektivitas layanan bimbingan kelompok dengan teknik *journaling* dalam meningkatkan regulasi emosi siswa SMP *Islamic Boarding School* Nur Shofin Tahun Ajaran 2024/2025. Penelitian ini menggunakan metode *pre-eksperimen* dengan desain *One Group Pretest* dan *Posttest*. Subjek dalam penelitian berjumlah 10 siswa dan diambil menggunakan teknik total sampling. Teknik pengumpulan data menggunakan skala regulasi emosi yang disusun berdasarkan indikator regulasi emosi menurut Gross (2007). Berdasarkan hasil analisis data dengan uji *Paired Samples t-Test*, diperoleh nilai signifikansi $p = 0,001$ ($p < 0,05$), sehingga H_0 ditolak dan H_a diterima. Dengan demikian, dapat disimpulkan bahwa layanan bimbingan kelompok dengan teknik *journaling* efektif dalam meningkatkan regulasi emosi siswa SMP *Islamic Boarding School* Nur Shofin.

Kata Kunci: *bimbingan kelompok, teknik journaling, regulasi emosi, siswa SMP.*

ABSTRACT

THE EFFECTIVENESS OF GROUP GUIDANCE SERVICES WITH JOURNALING TECHNIQUE TO IMPROVE EMOTIONAL REGULATION OF 8TH GRADE STUDENTS AT ISLAMIC BOARDING SCHOOL NUR SHOFIN NATAR ACADEMIC YEAR 2024/2025

By

AISYAH DEWI ARMISI

This research is motivated by the problem of students' difficulties in recognizing, understanding, and controlling their emotions, which results in difficulties in managing emotions, controlling reactions, and behaving adaptively in the school environment. The purpose of this study was to determine the effectiveness of group guidance services with journaling techniques in improving the emotional regulation of junior high school students at Nur Shofin Islamic Boarding School for the 2024/2025 academic year. This study used a pre-experimental method with a One Group Pretest and Posttest design. The subjects in this study were 10 students and were taken using total sampling technique. The data collection technique used an emotional regulation scale compiled based on emotional regulation indicators according to Gross (2007). Based on the results of data analysis with the Paired Samples t-Test, the significance value $p = 0.001$ ($p < 0.05$) was obtained, so H_0 was rejected and H_a was accepted. Thus, it can be concluded that group guidance services with journaling techniques are effective in improving the emotional regulation of junior high school students at Nur Shofin Islamic Boarding School.

Keywords: *group guidance, journaling technique, emotional regulation, junior school students.*