

## ABSTRAK

### PENGARUH LAYANAN BIMBINGAN KELOMPOK MEDIA PERMAINAN DALAM MENINGKATKAN *EMOTIONAL AWARENESS* PADA SISWA KELAS VIII SMP NEGERI 28 BANDAR LAMPUNG TAHUN AJARAN 2025/2026

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Penelitian ini dilatar belakangi oleh rendahnya *emotional awareness* siswa kelas VII di SMP Negeri 28 Bandar Lampung yang ditunjukkan melalui kesulitan mengenali, memahami, dan mengekspresikan emosi secara tepat. Bertujuan menguji pengaruh layanan bimbingan kelompok dengan media permainan ular tangga dalam meningkatkan *emotional awareness* siswa kelas VIII SMP Negeri 28 Bandar Lampung. Metode yang digunakan adalah kuantitatif dengan desain *quasi experiment nonequivalent control group pretest–posttest*, melibatkan 16 siswa yaitu 8 siswa kelompok eksperimen dan 8 siswa kelompok kontrol melalui purposive sampling. Teknik pengumpulan data menggunakan skala *emotional awareness* yang disusun berdasarkan indikator *Levels of Emotional awareness* yang dikembangkan oleh (Lane & Smith, 2021). Data dikumpulkan melalui pretest dan posttest, kemudian dianalisis menggunakan Uji-t (*independent sample t-test*). Hasil penelitian menunjukkan bahwa kelompok eksperimen mengalami peningkatan *emotional awareness* yang signifikan dengan rata-rata *gain score* sebesar 20, dengan peningkatan 22%. Sedangkan, kelompok kontrol hanya mengalami peningkatan sebesar 1,49% dengan peningkatan rata rata *gain score* 1.25. Hasil uji *independent samples t-test* menunjukkan nilai Sig. (2-tailed) sebesar  $p = 0,047 < 0,05$ , serta Perhitungan *effect size* menggunakan Cohen's d sebesar 1,09 menunjukkan kategori besar. Dengan demikian, layanan bimbingan kelompok melalui permainan ular tangga terindikasi efektif dan berpengaruh dalam meningkatkan *emotional awareness* siswa.

**Kata Kunci:** Bimbingan Kelompok, *Emotional awareness*, Permainan Ular Tangga

## **ABSTRACT**

### **THE EFFECT OF GAME-BASED GROUP GUIDANCE ON IMPROVING EMOTIONAL AWARENESS AMONG EIGHTH-GRADE STUDENTS OF SMP NEGERI 28 BANDAR LAMPUNG ACADEMIC YEAR 2025/2026**

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*This study was motivated by the low level of students' emotional awareness among seventh-grade students at SMP Negeri 28 Bandar Lampung, as indicated by difficulties in recognizing, understanding, and expressing emotions appropriately. This study aimed to examine the effect of group guidance services using a snakes and ladders game medium on improving the emotional awareness of eighth-grade students at SMP Negeri 28 Bandar Lampung. The method used was quantitative with a quasi-experimental design employing a nonequivalent control group pretest–posttest design. The participants consisted of 16 students, divided into two groups: 8 students in the experimental group and 8 students in the control group, selected through purposive sampling. Data were collected using an emotional awareness scale based on the Levels of Emotional Awareness indicators developed by Lane & Smith (2021). Data collection was conducted through pretest and posttest and analyzed using an independent samples t-test. The results showed that the experimental group experienced a significant increase in emotional awareness with an average gain score of 20 (22% improvement), while the control group showed only a slight increase of 1.49% with an average gain score of 1.25. The independent samples t-test indicated a significance value of  $p = 0.047 < 0.05$ . Furthermore, the effect size calculation using Cohen's  $d$  was 1.09, which falls into the large category. Therefore, group guidance services using the snakes and ladders game medium are indicated to be effective and have a significant impact on improving students' emotional awareness.*

**Keywords:** *Group Guidance, Emotional awareness, Snake and Ladder Game*