

## **ABSTRAK**

Imron Zaini Dwi. 2026. Efektivitas Layanan Bimbingan Kelompok Teknik Role Playing untuk Menurunkan Perilaku Bullying Siswa SMAN 1 Nglames Tahun Pelajaran 2025/2026. Tesis. Madiun: Program Studi Magister Pendidikan Bimbingan dan Konseling, Sekolah Pascasarjana, Universitas PGRI Madiun. Pembimbing (I) Dr. Dahlia Novarianing Asri, M.Si., (II) Dr. Tyas Martika Anggriana, S.Psi., M.Pd.

Kata kunci: bimbingan kelompok, role playing, bullying, efektivitas, siswa

Penelitian ini bertujuan untuk menganalisis efektivitas layanan bimbingan kelompok dengan teknik role playing dalam menurunkan perilaku bullying siswa SMAN 1 Nglames Tahun Pelajaran 2025/2026. Penelitian menggunakan pendekatan kuantitatif dengan desain quasi experimental pretest-posttest control group. Subjek penelitian berjumlah 10 siswa yang dibagi menjadi kelompok eksperimen dan kontrol berdasarkan hasil pretest perilaku bullying. Instrumen penelitian berupa skala Likert perilaku bullying yang telah diuji validitas dan reliabilitasnya. Hasil analisis menggunakan uji Wilcoxon Signed Rank Test pada kelompok eksperimen menunjukkan nilai  $Z = -2,032$  dengan  $p = 0,042$  ( $p < 0,05$ ), yang berarti terdapat penurunan perilaku bullying secara signifikan setelah diberikan intervensi. Nilai effect size ( $r = 0,91$ ) menunjukkan kategori pengaruh sangat kuat. Sementara itu, kelompok kontrol tidak menunjukkan perubahan signifikan ( $p = 0,655$ ). Dengan demikian, layanan bimbingan kelompok teknik role playing terbukti efektif sebagai strategi preventif dan kuratif dalam menurunkan perilaku bullying siswa.

## **ABSTRACT**

Dwi Zaini Imron. 2026. The Effectiveness of Group Guidance Services Using Role Playing Techniques to Reduce Bullying Behavior of Students at SMAN 1 Nglames in the Academic Year 2025/2026. Thesis. Madiun: Master's Program in Guidance and Counseling Education, Graduate School, Universitas PGRI Madiun. Advisors: (I) Dr. Dahlia Novarianing Asri, M.Si., (II) Dr. Tyas Martika Anggriana, S.Psi., M.Pd.

**Keywords:** group guidance, role playing, bullying behavior, effectiveness, students

This study aims to analyze the effectiveness of group guidance services using the role-playing technique in reducing bullying behavior among students at SMAN 1 Nglames in the 2025/2026 academic year. The research employed a quantitative approach with a quasi-experimental pretest-posttest control group design. The subjects consisted of 10 students divided into experimental and control groups based on pretest bullying behavior scores. The instrument used was a validated and reliable Likert-scale bullying behavior questionnaire. The Wilcoxon Signed Rank Test results for the experimental group showed  $Z = -2.032$  with  $p = 0.042$  ( $p < 0.05$ ), indicating a significant decrease in bullying behavior after the intervention. The effect size value ( $r = 0.91$ ) indicates a very strong effect. Meanwhile, the control group showed no significant change ( $p = 0.655$ ). Therefore, group guidance services using the role-playing technique are proven effective as both preventive and curative strategies in reducing