

ABSTRAK

Penelitian ini bertujuan untuk mengetahui keefektifan konseling kelompok dengan teknik *behavior contract* dalam meningkatkan kedisiplinan siswa kelas XI SMA Negeri Pilangkenceng Kabupaten Madiun. Penelitian ini menggunakan pendekatan kuantitatif dengan desain eksperimen semu (*quasi experimental design*) model *pretest–posttest control group design*. Subjek penelitian berjumlah 30 siswa kelas XI yang dibagi menjadi dua kelompok, yaitu kelas eksperimen dan kelas kontrol. Instrumen penelitian berupa angket kedisiplinan siswa yang diberikan pada saat pretest dan posttest. Teknik analisis data yang digunakan meliputi analisis deskriptif, perhitungan N-Gain, dan uji hipotesis menggunakan *Wilcoxon Signed Ranks Test*. Hasil penelitian menunjukkan bahwa tingkat kedisiplinan siswa sebelum diberikan perlakuan berada pada kategori rendah. Setelah diberikan layanan konseling kelompok dengan teknik *behavior contract*, tingkat kedisiplinan siswa pada kelas eksperimen mengalami peningkatan menjadi kategori tinggi. Hasil perhitungan N-Gain menunjukkan nilai sebesar 0,753 dengan kategori efektivitas tinggi pada kelas eksperimen, sedangkan kelas kontrol memperoleh nilai N-Gain sebesar 0,412 dengan kategori efektivitas sedang. Hasil uji Wilcoxon menunjukkan nilai Asymp. Sig. (2-tailed) sebesar $0,005 < 0,05$, sehingga hipotesis alternatif diterima dan hipotesis nol ditolak. Dengan demikian, dapat disimpulkan bahwa konseling kelompok dengan teknik *behavior contract* efektif dalam meningkatkan kedisiplinan siswa kelas XI SMA Negeri Pilangkenceng Kabupaten Madiun. Hasil penelitian ini diharapkan dapat menjadi alternatif layanan bimbingan dan konseling dalam upaya meningkatkan kedisiplinan siswa di sekolah.

Kata kunci: konseling kelompok, *behavior contract*, kedisiplinan siswa

ABSTRACT

This study aims to determine the effectiveness of group counseling using behavioral contract techniques to improve the discipline of eleventh-grade students at SMAN Pilangkenceng, Madiun Regency. This study applied a quantitative approach with a quasi-experimental design, specifically the pretest-posttest control group design. The research subjects consisted of 30 eleventh-grade students divided into two groups: the experimental group and the control group. The data collection instrument was a student discipline questionnaire administered during the pretest and posttest. Data analysis techniques included descriptive analysis, N-Gain calculations, and hypothesis testing using the Wilcoxon Signed Ranks Test. The results indicated that the students' initial discipline level before the intervention was in the low category. Following the implementation of group counseling with behavioral contract techniques, the discipline level of the students in the experimental group significantly improved to the high category. The N-Gain score calculation for the experimental group reached 0.753, indicating high effectiveness, whereas the control group obtained an N-Gain score of 0.412, falling into the moderate effectiveness category. Furthermore, the Wilcoxon test yielded an Asymp. Sig. (2-tailed) value of $0.005 < 0.05$, meaning the alternative hypothesis was accepted and the null hypothesis was rejected. Based on these findings, it can be concluded that group counseling using behavioral contract techniques is effective in improving the discipline of eleventh-grade students at SMAN Pilangkenceng, Madiun Regency. The results of this study are expected to serve as an alternative counseling service framework to enhance student discipline in schools.

Keywords: *group counseling, behavioral contract, student discipline*