

ABSTRAK

Amal Danuarta Wijaya. 2025. *Efektivitas Konseling Kelompok Motivational Interviewing Untuk Mengurangi Kecenderungan Nomophobia Pada Siswa Kelas X Teknik Komputer Jaringan di SMK Negeri 1 Jiwana*. Skripsi. Program Studi Bimbingan dan Konseling, FKIP, Universitas PGRI Madiun. Pembimbing (I) Drs. Ibnu Mahmudi, M.M., (II) Dr. Rischa Pramudia Trisnani, S.Pd., M.Pd.

Penelitian ini bertujuan untuk menguji efektivitas konseling kelompok dengan pendekatan *Motivational Interviewing* dalam mengurangi kecenderungan *nomophobia* pada siswa kelas X Teknik Komputer Jaringan di SMK Negeri 1 Jiwana. Latar belakang penelitian ini didasari oleh meningkatnya penggunaan *smartphone* secara berlebihan yang berdampak pada munculnya perilaku *nomophobia* di kalangan remaja. Penelitian ini menggunakan metode eksperimen dengan desain *one-group pretest-posttest*. Sample penelitian adalah 6 siswa yang memiliki tingkat *nomophobia* tinggi berdasarkan hasil skala *nomophobia*. Intervensi diberikan melalui empat tahap konseling kelompok *Motivational Interviewing*: *engaging*, *focusing*, *evoking*, dan *planning*, yang dilakukan dalam beberapa sesi. Data dikumpulkan menggunakan instrumen skala *nomophobia* berbasis skala *Likert* dan dianalisis menggunakan uji *Wilcoxon*. Hasil analisis menunjukkan terdapat penurunan signifikan tingkat *nomophobia* siswa setelah mengikuti layanan konseling kelompok, dengan nilai *Asymp. Sig. (2-tailed)* sebesar 0,027 ($p < 0,05$). Temuan ini menunjukkan bahwa pendekatan *Motivational Interviewing* efektif dalam memfasilitasi perubahan perilaku adiktif terhadap *smartphone* melalui peningkatan motivasi intrinsik dan refleksi diri. Pendekatan ini direkomendasikan sebagai alternatif layanan konseling di sekolah untuk menangani permasalahan perilaku digital pada remaja khususnya *nomophobia*.

Kata Kunci: *Motivational Interviewing*, Konseling Kelompok, *Nomophobia*, Siswa SMK, Smartphone.

ABSTRACT

Amal Danuarta Wijaya. 2025. *The Effectiveness of Motivational Interviewing Group Counseling to Reduce Nomophobia Tendencies in Class X Computer Network Engineering Students at SMK Negeri 1 Jiwan*. Thesis. Guidance and Counseling Study Program, Faculty of Teacher Training and Education, Universitas PGRI Madiun. Advisor: (I) Drs. Ibnu Mahmudi, M.M., (II) Dr. Rischa Pramudia Trisnani, S.Pd., M.Pd.

Key Terms : Motivational Interviewing, Group Counseling, Nomophobia, Vocational High School Students, Smartphone.

This study aims to test the effectiveness of group counseling with the Motivational Interviewing approach in reducing the tendency of nomophobia in class X Computer Network Engineering students at SMK Negeri 1 Jiwan. The background of this study is based on the increasing excessive use of smartphones which has an impact on the emergence of nomophobic behavior among adolescents. This study used an experimental method with a one-group pretest-posttest design. The sample of the study was 6 students who had a high level of nomophobia based on the results of the nomophobia scale. The intervention was given through four stages of Motivational Interviewing group counseling: engaging, focusing, evoking, and planning, which were carried out in several sessions. Data were collected using a Likert-based nomophobia scale instrument and analyzed using the Wilcoxon test. The results of the analysis showed a significant decrease in the level of nomophobia of students after participating in group counseling services, with an Asymp. Sig. (2-tailed) value of 0.027 ($p < 0.05$). These findings indicate that the Motivational Interviewing approach is effective in facilitating changes in addictive behavior towards smartphones through increasing intrinsic motivation and self-reflection. This approach is recommended as an alternative to counseling services in schools to address digital behavior problems in adolescents, especially nomophobia.