

ABSTRAK

Anggrisa Eka Nur Trianuri. 2025. *Efektivitas Layanan Konseling Kelompok Dengan Teknik Cognitive Restructuring untuk Mereduksi Burnout Akademik Siswa Kelas X SMAN 2 Mejayan*. Skripsi. Program Studi Bimbingan dan Konseling. FKIP. UNIVERSITAS PGRI MADIUN. Pembimbing (1) Silvia Yula Wardani, S.Pd., M.Pd. (2) Dr. Asroful Kadafi, S.PD., M.Pd.

Permasalahan burnout akademik yang dialami oleh siswa ditunjukkan dengan perilaku seperti tidak memperhatikan guru saat kegiatan belajar mengajar berlangsung, fokus mengerjakan kegiatan lain di luar pelajaran, sering menunda mengerjakan tugas rumah, merasa jenuh dan kelelahan dalam belajar, menunjukkan sikap sinis terhadap tugas sekolah, serta menurunnya rasa percaya diri terhadap kemampuan akademik. Penelitian ini bertujuan untuk mengetahui keefektifan layanan konseling kelompok dengan teknik *Cognitive Restructuring* untuk mereduksi *Burnout* akademik siswa kelas X SMAN 2 Mejayan. Metode penelitian yang digunakan adalah kuantitatif eksperimen dengan desain penelitian *one group pretest-posttest*. Populasi dari penelitian ini adalah siswa kelas X SMAN 2 Mejayan yang berjumlah 351 dan sampel 7 siswa yang di pilih melalui teknik *purposive sampling*. Teknik pengumpulan data pada penelitian ini menggunakan angket perilaku *burnout* akademik. Analisis data dilakukan dengan menggunakan *Uji Wilcoxon Signed Rank Test*. Indikator *burnout* akademik adalah : 1) kelelahan (*exhaustion*), 2) depersonalisasi/sinisme (*depersonalitation/Cynism*), 3). Menurunnya keyakinan akademik (*reduce academic efficacy*). Berdasarkan hasil perhitungan nilai pre-test dan post-test dari 7 siswa, diketahui bahwa skor total perilaku *burnout* akademik sebelum *treatment* sebesar 474 dan setelah *treatment* menurun menjadi 284. Dengan demikian, terdapat penurunan skor sebesar 190 poin. Jika dihitung secara persentase, penurunan rata-rata perilaku *burnout* akademik siswa adalah sebesar 40%. Hasil uji hipotesis dengan menggunakan Uji *Wilcoxon Signed Rank Test* diketahui nilai Asymp. Sig (2-tailed) adalah $0,017 < 0,05$, maka dapat disimpulkan bahwa hipotesis dapat diterima. Berdasarkan hasil uji hipotesis menunjukkan bahwa layanan konseling kelompok teknik *cognitive restructuring* efektif digunakan untuk mereduksi *burnout* akademik siswa kelas X SMAN 2 Mejayan. Alasannya karena konseling kelompok teknik *cognitive restructuring* menggabungkan kekuatan mengubah pola pikir negatif dengan dukungan sosial dari sesama peserta untuk mengatasi *burnout* akademik. Teknik ini membantu siswa mengidentifikasi dan mengganti pikiran-pikiran yang memicu stres berlebihan, memungkinkan pembelajaran dari pengalaman orang lain.

Kata Kunci: *Burnout* Akademik, Konseling Kelompok, Teknik *Cognitive Restructuring*

ABSTRACT

Anggrisa Eka Nur Trianuri. 2025. *The Effectiveness of Group Counseling Services with Cognitive Restructuring Techniques to Reduce Academic Burnout of Grade X High School 2 Mejayan Students.* Skripsi Faculty of Teacher Training and Education,. UNIVERSITAS PGRI MADIUN. Advisor: (1) Silvia Yula Wardani, S.Pd., M.Pd. (2) Dr. Asroful Kadafi, S.PD., M.PD.

Key Terms: Academic Burnout, Group Counseling, Cognitive Restructuring Techniques

Academic burnout problems experienced by students are shown with behaviors such as not paying attention to teachers during teaching and learning activities, focusing on doing other activities outside of study, often delaying homework, feeling bored and tired of studying, showing cynicism about schoolwork, and the problem of schoolwork. and decreased confidence in academic ability. This research aims to find out the effectiveness of group counseling services with Cognitive Restructuring techniques to reduce the academic burnout of grade X students of SMAN 2 Mejayan. The research medote used was a quantitative experiment with the research design of one group pretest-posttest. The population of this study is grade X SMAN 2 Mejayan students, which is 351 and a sample of 7 students selected through purposive sampling techniques. Data collection techniques in this study used academic burnout behavioral lift. Analysis of the data was conducted using the Wilcoxon Signed Rank Test. The indicators of academic burnout are: 1) fatigue (exhaustion), 2) depersonalization/sinism (depersonalization/Cynism), 3). Decreased academic efficiency. Based on the results of the pre-test and post-test scores of 7 students, it is known that the total score of academic burnout behavior before treatment was 474 and after treatment decreased to 284. Thus, there was a 190-point drop in the score. If calculated on a percentage basis, the average decrease in students' academic burnout behavior is 40%. The results of the hypothesis test using the Wilcoxon Signed Rank Test are known to be an Asymp value. The sig (2-tailed) is $0.017 < 0.05$, hence it can be inferred that the hypothesis is acceptable. Based on the hypothesis test results, it shows that cognitive restructuring techniques group counseling services are effective to reduce the academic burnout of Grade X students of SMAN 2 Mejayan. The reason is that cognitive restructuring engineering group counseling combines the power of changing negative mindset with social support from fellow participants to overcome academic burnout. This technique helps students identify and replace thoughts that trigger excessive stress, enabling learning from other people's experiences.