

ABSTRAK

Dilla Amelia, 2025. *Efektifitas Konseling Kelompok Teknik Aversion Therapy Untuk Mereduksi Perilaku Phubbing Pada Siswa Kelas X SMK Gamaliel 1 Madiun*. Skripsi. Program Studi Bimbingan dan Konseling, Fakultas Keguruan dan Ilmu Pendidikan, Universitas PGRI Madiun. Pembimbing (I) Drs. Ibnu Mahmudi, M.M., (II) Dr. Suharni, S.Pd., M.Psi.

Perilaku *phubbing* merupakan tindakan atau perilaku pengabaian yang dilakukan seseorang saat melakukan interaksi sosial dengan lebih berfokus pada *smartphone*-nya secara terus-menerus. Tujuan penelitian ini adalah untuk mereduksi perilaku *phubbing* siswa yang dialami oleh pelajar kelas X SMK Gamaliel 1 Madiun. Penelitian ini menggunakan pendekatan kuantitatif dengan metode eksperimen desain *one-group pre-test* dan *post-test*. Populasi penelitian ini terdiri dari kelas X dengan total 90 siswa, sampel ditentukan menggunakan metode *purposive sampling* sehingga didapati 8 sampel dalam penelitian ini. Instrumen yang digunakan adalah kuesioner perilaku *phubbing* dengan jumlah 30 item, kuesioner perilaku *phubbing* diukur menggunakan *skala likert*. Peneliti menggunakan teknik analisis data uji *Wilcoxon signed rank-test* dengan bantuan aplikasi SPSS versi 23. Hasil dari temuan data menghasilkan bahwa perilaku *phubbing* dari 8 sampel kelas X SMK Gamaliel 1 Madiun pada *pre-test* sejumlah 730 dan pada saat *post-test* menurun menjadi 529. Dengan demikian terdapat penurunan skor sebesar 201 poin. Hasil hipotesis dengan menggunakan Uji *Wilcoxon Signed Rank Test* diketahui nilai *Asymp. Sig (2-tailed)* adalah $0,012 < 0,05$, maka dapat disimpulkan bahwa hipotesis diterima. Berdasarkan hasil uji hipotesis membuktikan bahwa layanan konseling kelompok dengan teknik *aversion therapy* efektif dalam mereduksi perilaku *phubbing* pada siswa kelas X SMK Gamaliel 1 Madiun.

Kata Kunci: Konseling Kelompok, Teknik *Aversion Therapy*, Perilaku *Phubbing*, Siswa SMK.

ABSTRACT

Dilla Amelia, 2025. *The Effectiveness of Group Counseling Using Aversion Therapy Techniques to Reduce Phubbing Behavior in Class X Students of SMK Gamaliel 1 Madiun*. Thesis. Guidance and Counseling Study Program, Faculty of Teacher Training and Education, Universitas PGRI Madiun. Advisor (I) Drs. Ibnu Mahmudi, M.M., (II) Dr. Suharni, S.Pd., M.Psi.

Phubbing behavior is an act or behavior of neglect carried out by someone during social interactions by focusing more on their *smartphone* continuously. The purpose of this study is to reduce the *phubbing* behavior of students experienced by class X students of SMK Gamaliel 1 Madiun. This study uses a quantitative approach with an experimental method of *one-group pre-test and post-test* design. The population of this study consisted of class X with a total of 90 students, the sample was determined using a *purposive sampling* method so that 8 samples were obtained in this study. The instrument used was a *phubbing* behavior questionnaire with a total of 30 items, the *phubbing* behavior questionnaire was measured using a Likert scale. Researchers used the *Wilcoxon signed rank-test* data analysis technique with the help of the SPSS version 23 application. The results of the data findings showed that the *phubbing* behavior of 8 samples of class X SMK Gamaliel 1 Madiun in the *pre-test* was 730 and at the *post-test* decreased to 529. Thus there was a decrease in the score of 201 points. The results of the hypothesis using the *Wilcoxon Signed Rank Test* show that the Asymp. Sig (2-tailed) value is $0.012 < 0.05$, so it can be concluded that the hypothesis is accepted. Based on the results of the hypothesis test, it proves that group counseling services with *aversion therapy* techniques are effective in reducing *phubbing* behavior in class X students of SMK Gamaliel 1 Madiun.

Keywords: Group Counseling, *Aversion Therapy* Technique, *Phubbing* Behavior, Vocational High School Students.