

ABSTRAK

Kharisma Nur Azizah. 2026. Efektivitas Konseling Kelompok Teknik *Self-Management* Untuk Mereduksi Nomophobia Peserta Didik Kelas VIII SMPN 3 Pulung. Skripsi. Program Studi Bimbingan dan Konseling, FKIP, Universitas PGRI Madiun. Pembimbing (I) Silvia Yula Wardani, M.Pd. , (II) Dr. Diana Ariswanti Triningtyas, S.Pd., M.Psi.

Di zaman digital sekarang ini, handphone sudah menjadi bagian penting dalam kehidupan sehari-hari. Fenomena tingginya penggunaan handphone dapat menyebabkan gangguan mental seperti nomophobia. Penelitian ini mengkaji efektivitas konseling kelompok Teknik Self-Management untuk mereduksi nomophobia pada peserta didik kelas VIII SMPN 3 Pulung yang dipicu oleh intensitas penggunaan smartphone yang tinggi. Latar belakang menekankan meningkatnya kecemasan saat terpisah dari ponsel (nomophobia) dan kebutuhan intervensi yang berbasis kontrol diri; kajian pustaka menelaah teori self-management (monitoring, evaluasi, penguatan) dan efektivitas konseling kelompok dalam perubahan perilaku serta penelitian relevan sebelumnya. Metode penelitian bersifat kuantitatif dengan desain One-Group Pretest-Posttest; populasi 70 siswa, sampel purposive 7 siswa dengan skor nomophobia sedang-tinggi; instrumen skala Likert nomophobia yang telah diuji validitas dan reliabilitas; intervensi dilaksanakan dalam 6 sesi konseling kelompok (building rapport, self-monitoring, self-contracting, self-control, self-reward, terminasi/evaluasi). Pengumpulan data meliputi pretest dan posttest, dianalisis menggunakan uji nonparametrik Wilcoxon untuk perbandingan skor sebelum-sesudah intervensi. Temuan menunjukkan penurunan skor nomophobia pada kelompok sampel setelah pemberian treatment dan hasil uji statistik mendukung hipotesis bahwa intervensi efektif (perbedaan signifikan antara pretest dan posttest). Kesimpulannya, konseling kelompok dengan Teknik Self-Management terbukti efektif mereduksi nomophobia pada siswa SMPN 3 Pulung dan direkomendasikan diimplementasikan lebih luas dalam layanan bimbingan dan konseling sekolah.

Kata kunci: *nomophobia*, konseling kelompok, *self-management*.

ABSTRACT

Kharisma Nur Azizah. 2026. *The Effectiveness of Group Counseling Using Self-Management Techniques to Reduce Nomophobia Among 8th-Grade Students at SMPN 3 Pulung*. Undergraduate Thesis. Guidance and Counseling Study Program, Faculty of Teacher Training and Education (FKIP), Universitas PGRI Madiun. Supervisors: (I) Silvia Yula Wardani, M.Pd., (II) Dr. Diana Ariswanti Triningtyas, S.Pd., M.Psi.

In today's digital era, mobile phones have become an integral part of daily life. High mobile phone usage can lead to mental health issues such as nomophobia. This study examines the effectiveness of group counseling using the Self-Management technique in reducing nomophobia triggered by high smartphone usage intensity among eighth-grade students at SMPN 3 Pulung. The background highlights the rising anxiety associated with separation from one's phone (nomophobia) and the need for self-control-based interventions; the literature review covers self-management theory (monitoring, evaluation, reinforcement), the effectiveness of group counseling in behavioral change, and relevant prior research. A quantitative research method with a One-Group Pretest-Posttest design was employed; the population consisted of 70 students, with a purposive sample of 7 students exhibiting moderate-to-high nomophobia scores. A Likert-scale instrument for nomophobia, previously tested for validity and reliability, was used. The intervention was conducted over six group counseling sessions (rapport building, self-monitoring, self-contracting, self-control, self-reward, and termination/evaluation). Data collection involved pretests and posttests, analyzed using the Wilcoxon non-parametric test to compare scores before and after the intervention. Findings indicate a reduction in nomophobia scores within the sample group following the treatment, and statistical results support the hypothesis that the intervention was effective (showing a significant difference between pretest and posttest scores). In conclusion, group counseling utilizing the Self-Management technique proved effective in reducing nomophobia among SMPN 3 Pulung students, and its broader implementation within school guidance and counseling services is recommended.

Keywords: nomophobia, group counseling, self-management.