

ABSTRAK

Fildani Nur Rahmani. 2026. Keefektivan Konseling Kelompok dengan Teknik Relaksasi Berbasis Musikalisasi Religi Guna Mereduksi Stres Akademik Siswa Kelas XII SMA Negeri 2 Mejayan. Skripsi. Program Studi Bimbingan dan Konseling, Fakultas Keguruan dan Ilmu Pendidikan, UNIVERSITAS PGRI MADIUN. Pembimbing (1) Dr.Asroful Kadafi, M.Pd., (2), Dr.Ratih Christiana, M.Pd.

Stres akademik merupakan kondisi tekanan psikologis yang dialami siswa sebagai akibat dari tuntutan akademik yang dipersepsikan melebihi kemampuan individu dalam mengatasinya. Stres akademik ditandai oleh munculnya gejala emosional, kognitif, dan fisiologis yang dapat berdampak pada menurunnya konsentrasi belajar, motivasi, serta kesejahteraan psikologis siswa. Penelitian ini bertujuan untuk mengetahui keefektivan layanan konseling kelompok dengan teknik relaksasi berbasis musikalisasi religi dalam mereduksi stres akademik siswa kelas XII SMA Negeri 2 Mejayan.

Penelitian ini dilaksanakan di SMA Negeri 2 Mejayan dengan menggunakan pendekatan kuantitatif dan metode *quasi experimental* melalui desain one-group pretest-posttest design. Sampel penelitian berjumlah 6 siswa yang dipilih menggunakan teknik purposive sampling berdasarkan tingkat stres akademik sedang hingga tinggi. Teknik pengumpulan data menggunakan angket skala stres akademik, observasi, dan dokumentasi. Analisis data dilakukan secara deskriptif dan inferensial menggunakan *Wilcoxon Signed-Rank Test*.

Hasil penelitian menunjukkan bahwa konseling kelompok dengan teknik relaksasi berbasis musikalisasi religi efektif dalam mereduksi stres akademik peserta didik kelas XII SMA Negeri 2 Mejayan. Hasil analisis menunjukkan seluruh peserta didik mengalami penurunan skor stres akademik pada post-test dibandingkan pre-test. Uji Wilcoxon Signed-Rank Test menunjukkan perbedaan yang signifikan sehingga H_0 ditolak dan H_a diterima. Nilai effect size berada pada kategori besar (*large*), yang menunjukkan pengaruh layanan yang kuat. Penurunan stres akademik terlihat pada aspek emosional, kognitif, dan fisiologis, disertai meningkatnya kemampuan peserta didik dalam mengelola emosi, berpikir lebih positif, dan menghadapi tuntutan akademik.

Kata Kunci: Teknik Relaksasi Berbasis Musikalisasi Religi, Stres Akademik, Konseling Kelompok.

ABSTRACT

Fildani Nur Rahmani. 2026. The Effectiveness of Group Counseling Using a Relaxation Technique Based on Religious Musicalization to Reduce Academic Stress Among Grade XII Students at SMA Negeri 2 Mejoyan. Undergraduate Thesis. Guidance and Counseling Study Program, Faculty of Teacher Training and Education, UNIVERSITAS PGRI MADIUN. Supervisors: (1) Dr. Asroful Kadafi, M.Pd., (2) Dr. Ratih Christiana, M.Pd.

Academic stress is a state of psychological pressure experienced by students resulting from academic demands perceived to exceed the individual's coping abilities. It is characterized by emotional, cognitive, and physiological symptoms that can negatively impact students' learning concentration, motivation, and psychological well-being. This study aims to determine the effectiveness of group counseling services utilizing a relaxation technique based on religious musicalization in reducing academic stress among Grade XII students at SMA Negeri 2 Mejoyan.

The study was conducted at SMA Negeri 2 Mejoyan using a quantitative approach and a quasi experimental method with a one-group pretest-posttest design. The study population consisted of Grade XII students at SMA Negeri 2 Mejoyan during the 2025/2026 academic year. The sample comprised six students selected via purposive sampling based on their moderate to high levels of academic stress. Data collection techniques included an academic stress scale questionnaire, observation, and documentation. Data analysis was performed using both descriptive and inferential statistics, specifically the Wilcoxon Signed-Rank Test.

The research results indicate that group counseling utilizing relaxation techniques based on religious musicalization is effective in reducing academic stress among Grade XII students at SMA Negeri 2 Mejoyan. Analysis reveals that all students experienced a decrease in academic stress scores in the post-test compared to the pre-test. The Wilcoxon Signed-Rank Test showed a significant difference, leading to the rejection of H_0 and the acceptance of H_a . The effect size fell into the "large" category, indicating a strong impact of the intervention. The reduction in academic stress was evident across emotional, cognitive, and physiological aspects, accompanied by improved student abilities to manage emotions, think more positively, and cope with academic demands.

Keywords: Relaxation Technique Based on Religious Musicalization, Academic Stress, Group Counseling.