

ABSTRAK

Amirullah Achmad Cholik, 2026, Efektivitas Konseling Kelompok Berbasis Pelatihan Asertif untuk Menurunkan Perilaku Bullying di SMK Cendekia Madiun, Skripsi, Program Studi Bimbingan dan Konseling, Fakultas Keguruan dan Ilmu Pendidikan, Universitas PGRI Madiun, Pembimbing (1) Dr. Suharni, S.Pd.,M.Psi., Pembimbing (2) Dr. Asroful Kadafi, M.Pd.

Penelitian ini didasarkan pada tingginya kecenderungan perilaku *bullying* yang masih terjadi di lingkungan sekolah dan menimbulkan berbagai dampak negatif seperti berperilaku kasar, menghina orang tua atau fisik, serta menyebarkan pesan teman melalui media sosial. Salah satu alternatif layanan yang dapat diterapkan untuk mengatasi permasalahan tersebut adalah konseling kelompok yang dipadukan dengan pelatihan asertif. Oleh karena itu, penelitian ini bertujuan untuk menganalisis efektivitas layanan konseling kelompok berbasis pelatihan asertif dalam menurunkan perilaku *bullying* pada siswa kelas X SMK Cendekia Madiun.

Penelitian ini menerapkan pendekatan kuantitatif dengan metode *quasi experiment* menggunakan desain *One Group Pretest-Posttest Design*. Populasi penelitian terdiri atas 28 siswa kelas X SMK Cendekia Madiun, sedangkan sampel berjumlah 8 siswa yang ditentukan melalui teknik *purposive sampling* sesuai dengan kriteria peserta didik yang menunjukkan perilaku *bullying*. Pengumpulan data dilakukan menggunakan skala perilaku *bullying* yang memuat 26 butir pernyataan. Data penelitian dianalisis menggunakan *Wilcoxon Signed Rank Test*.

Hasil ini menunjukkan bahwa standar deviasi pada *pretest* sebesar 1,46, sedangkan *post-test* menunjukkan hasil 1,91. Hasil uji hipotesis khususnya perolehan $r_{Tabel} < r_{Hitung} = 0,011$ ($p < 0,05$) menunjukkan adanya penurunan perilaku *bullying* setelah adanya treatment (perlakuan) layanan konseling kelompok dengan pelatihan asertif. Artinya layanan konseling kelompok dengan teknik pelatihan asertif terbukti efektif untuk menurunkan perilaku *bullying* di SMK Cendekia Madiun.

Kata kunci: konseling kelompok, pelatihan asertif, perilaku *bullying*.

ABSTRAK

Amirullah Achmad Cholik. 2026. *The Effectiveness of Assertive Training-Based Group Counseling in Reducing Bullying Behavior at SMK Cendekia Madiun*. Undergraduate Thesis. Guidance and Counseling Study Program, Faculty of Teacher Training and Education, PGRI Madiun University. Advisor (I): Dr. Suharni, S.Pd., M.Psi. Advisor (II): Dr. Asroful Kadafi, M.Pd.

This study was motivated by the high prevalence of bullying behavior in the school environment, which has resulted in various negative impacts, such as aggressive behavior, insulting parents or mocking others' physical appearance, and spreading classmates' messages through social media. One alternative intervention that can be implemented to address this issue is group counseling integrated with assertive training. Therefore, this study aimed to analyze the effectiveness of assertive training-based group counseling services in reducing bullying behavior among tenth-grade students at SMK Cendekia Madiun.

This research employed a quantitative approach using a quasi-experimental method with a One-Group Pretest–Posttest Design. The population consisted of 28 tenth-grade students at SMK Cendekia Madiun, while the sample comprised 8 students selected through purposive sampling based on the criteria of students who exhibited bullying behavior. Data were collected using a bullying behavior scale consisting of 26 statement items. The data were analyzed using the Wilcoxon Signed Rank Test.

The results showed that the standard deviation of the pretest scores was 1.46, while the posttest standard deviation was 1.91. The hypothesis testing results, particularly the significance value obtained ($p = 0.011$; $p < 0.05$), indicated a significant decrease in bullying behavior after the implementation of group counseling services integrated with assertive training. These findings demonstrate that assertive training-based group counseling is effective in reducing bullying behavior among students at SMK Cendekia Madiun.

Keywords : group counseling, assertive training, bullying behavior.