

ABSTRAK

Aprilyana, Fitri. 2026. Efektivitas Layanan Konseling Kelompok Teknik *Self-Management* Untuk Menurunkan Kecanduan *Game Online* Pada Siswa MAN (Madrasah Aliyah Negeri) 1 Kota Madiun. Skripsi. Program Studi Bimbingan dan Konseling, FKIP, Universitas PGRI Madiun. Pembimbing I: Dr. Rischa Pramudia Trisnani, M.Pd. Pembimbing II: Dr. Noviyanti Kartika Dewi, M.Pd.,Kons

Perkembangan teknologi digital yang pesat telah membawa dampak signifikan terhadap kehidupan remaja, salah satunya melalui kemunculan berbagai permainan daring (*game online*). Fenomena kecanduan *game online* di kalangan pelajar semakin mengkhawatirkan dan berdampak negatif terhadap prestasi akademik, interaksi sosial, serta kesehatan fisik dan psikologis siswa. Penelitian ini bertujuan untuk mengetahui efektivitas layanan konseling kelompok teknik *self-management* dalam menurunkan kecanduan *game online* pada siswa MAN 1 Kota Madiun. Penelitian menggunakan metode eksperimen dengan rancangan *one group pretest-posttest design*. Sampel berjumlah 7 siswa kelas XI-B dengan tingkat kecanduan *game online* kategori tinggi, ditentukan melalui *purposive sampling*, dan diberikan perlakuan konseling kelompok teknik *self-management* sebanyak empat kali pertemuan. Data dianalisis menggunakan uji *Paired Sample T-Test*. Hasil penelitian menunjukkan bahwa rata-rata skor *pretest* berada pada kategori tinggi, kemudian mengalami penurunan menjadi kategori rendah pada saat *post-test*, dengan nilai signifikansi yang menunjukkan adanya perbedaan yang signifikan antara sebelum dan sesudah diberikan perlakuan. Dengan demikian, hipotesis alternatif (H_a) diterima dan hipotesis nol (H_o) ditolak, sehingga layanan konseling kelompok teknik *self-management* terbukti efektif dalam menurunkan kecanduan *game online* pada siswa.

Kata Kunci: konseling kelompok, self-management, kecanduan game online

ABSTRACT

Aprilyana, Fitri. 2026. The Effectiveness of Group Counseling Services Using the Self-Management Technique to Reduce Game Online Addiction Among Students of MAN (Madrasah Aliyah Negeri) 1 Kota Madiun. Undergraduate Thesis. Guidance and Counseling Study Program, Faculty of Teacher Training and Education, Universitas PGRI Madiun. Advisor I: Dr. Rischa Pramudia Trisnani, M.Pd. Advisor II: Dr. Noviyanti Kartika Dewi, M.Pd., Kons.

Keywords: *group counseling, self-management, game online addiction*

The rapid development of digital technology has had a significant impact on the lives of adolescents, one of which is through the emergence of various online games. The phenomenon of online game addiction among students is increasingly worrying and has a negative impact on academic achievement, social interactions, and students' physical and psychological health. This study aims to determine the effectiveness of self-management technique group counseling services in reducing online game addiction in students of MAN 1 Kota Madiun. The study used an experimental method with a one-group pretest-posttest design. The sample consisted of 7 students of class XI-B with a high level of online game addiction, determined through purposive sampling, and given self-management technique group counseling treatment for four meetings. Data were analyzed using a Paired Sample T-Test. The results showed that the average pretest score was in the high category, then decreased to the low category in the post-test, with a significant value indicating a significant difference between before and after treatment. Thus, the alternative hypothesis (H_a) was accepted and the null hypothesis (H_o) was rejected, so that self-management technique group counseling services were proven effective in reducing online game addiction in students.