

ABSTRAK

Kurniawati Santi. 2026. *Pengembangan Media Ekspresif “emo-tag” Sebagai Alat Deteksi Dini Anger Issues Peserta Didik SMA Negeri 2 Mejayan*. Skripsi. Program Studi Bimbingan dan Konseling, FKIP, Universitas PGRI Madiun. Pembimbing (I) Dr. Dahlia Novarianing Asri, M.Si., (II) Dr. Tyas Martika Anggriana, S.Psi., M.Pd.,

Anger issues merupakan permasalahan emosional yang banyak dialami peserta didik SMA dan berpotensi memicu perilaku agresif serta bullying apabila tidak terdeteksi secara dini. Observasi awal menunjukkan 67% peserta didik SMA Negeri 2 Mejayan lebih memilih membagikan keluhan emosinya kepada teman sebaya atau media sosial dibandingkan mendatangi layanan bimbingan dan konseling (BK), sementara guru BK belum memiliki instrumen digital untuk memantau pola emosi peserta didik secara *real-time*, sehingga layanan BK masih bersifat reaktif. Penelitian ini bertujuan menghasilkan media ekspresif “emo-tag” yang valid, praktis, dan layak digunakan sebagai alat deteksi dini *anger issues* peserta didik SMA. Penelitian menggunakan metode *Research and Development* (R&D) dengan model ADDIE (*Analyze, Design, Development, Implementation, Evaluation*). Produk dikembangkan berdasarkan teori roda emosi Plutchik yang memuat delapan emosi dasar, dilengkapi kartu identitas berbasis QR code, galeri emotikon dengan slider intensitas 1–5, serta *dashboard* guru BK yang memuat heatmap emosi kelas dan sistem peringatan otomatis. Subjek uji coba meliputi 30 peserta didik (uji coba terbatas) dan 59 peserta didik (uji coba luas), serta 3 guru BK. Hasil penelitian menunjukkan validasi ahli media sebesar 93,64%, validasi ahli bimbingan dan konseling 100%, hasil *Black Box Testing* 98%, respons guru BK 91,75%, respons peserta didik 93%, serta skor *System Usability Scale* (SUS) sebesar 84,00 (uji coba terbatas) dan 84,92 (uji coba luas), seluruhnya berkategori sangat layak/*excellent*. Rata-rata kelayakan keseluruhan mencapai 94,6%, sehingga media “emo-tag” dinyatakan sangat layak digunakan sebagai instrumen deteksi dini *anger issues* dan dapat diintegrasikan ke dalam layanan bimbingan dan konseling di sekolah menengah atas.

Kata Kunci: media ekspresif, *emo-tag*, *anger issues*, deteksi dini, model ADDIE

ABSTRACT

Kurniawati Santi. 2026. Development of the "emo-tag" Expressive Media as an Early Detection Tool for Anger Issues among Students of SMA Negeri 2 Mejayan. Undergraduate Thesis. Guidance and Counseling Study Program, Faculty of Teacher Training and Education, Universitas PGRI Madiun. Advisors: (I) Dr. Dahlia Novarianing Asri, M.Si., (II) Dr. Tyas Martika Anggriana, S.Psi., M.Pd.

Anger issues are emotional problems commonly experienced by senior high school students and may trigger aggressive behavior and bullying if not detected early. Preliminary observation showed that 67% of students at SMA Negeri 2 Mejayan preferred sharing their emotional complaints with peers or on social media rather than approaching formal guidance and counseling (BK) services, while counselors lacked a digital instrument to monitor students' emotional patterns in real time, keeping BK services largely reactive. This study aimed to produce the "emo-tag" expressive media that is valid, practical, and feasible for use as an early-detection tool for anger issues among senior high school students. The study used the Research and Development (R&D) method with the ADDIE model (Analyze, Design, Development, Implementation, Evaluation). The product was developed based on Plutchik's wheel of emotions comprising eight basic emotions, equipped with a QR-code-based identity card, an emoticon gallery with a 1–5 intensity slider, and a counselor dashboard featuring a class emotion heatmap and an automatic warning system. Trial subjects consisted of 30 students (limited trial) and 59 students (broad trial), as well as 3 counselors. The results showed a media-expert validation score of 93.64%, a guidance-and-counseling expert validation score of 100%, Black Box Testing results of 98%, a counselor response of 91.75%, a student response of 93%, and System Usability Scale (SUS) scores of 84.00 (limited trial) and 84.92 (broad trial), all falling into the very feasible/excellent category. The overall average feasibility reached 94.6%, indicating that the "emo-tag" media is highly feasible for use as an early-detection instrument for anger issues and can be integrated into guidance and counseling services in senior high schools.

Keywords: expressive media, emo-tag, anger issues, early detection, ADDIE model