

## ABSTRAK

### **Yussi Herdiyanti (2013). *Assertive Training* untuk Mereduksi Peserta Didik yang Mengalami Gejala Adiksi *Handphone* (Penelitian Pra-Eksperimen terhadap Peserta Didik Kelas XI SMA Pasundan 8 Bandung Tahun Ajaran 2013/2014)**

**Abstrak :** Kemajuan teknologi khususnya *handphone* diciptakan sebagai salah satu sarana untuk memudahkan berkomunikasi. Remaja lebih banyak menggunakan *handphone* saat proses pembelajaran berlangsung. Fenomena mendorong melakukan penelitian mengenai gejala adiksi *handphone*. Penelitian bertujuan memperoleh gambaran umum gejala adiksi *handphone*, merancang program intervensi dengan menggunakan teknik *assertive training* untuk mereduksi peserta didik yang mengalami gejala adiksi *handphone*, seberapa besar efektivitas *assertive training* untuk mereduksi peserta didik yang mengalami gejala adiksi *handphone*. Penelitian menggunakan pendekatan kuantitatif, dengan harapan memperoleh data mengenai gambaran umum peserta didik yang mengalami gejala adiksi *handphone*. Metode penelitian yang digunakan yaitu pra-eksperimen, dengan desain *Pretest-Posttest One Group Design*. Pengumpulan data dilakukan dengan menggunakan angket gejala adiksi *handphone* dengan sampel sebanyak 151 peserta didik. Hasil pengolahan data sebanyak 14 peserta didik termasuk dalam gejala adiksi *handphone* pada kategori sangat tinggi. *Assertive training* dilakukan sebanyak 6 kali pertemuan. Hasil penelitian menunjukkan *assertive training* efektif mereduksi gejala adiksi *handphone* karena menunjukkan adanya perubahan hasil dari *pre test* ke hasil *post test*. Rekomendasi ditujukan, kepada guru BK dan peneliti selanjutnya.

**Kata kunci :** Gejala adiksi *handphone*, *Assertive training*.

**Abstract :** *Technological progress particularly cell phone was created as one of the facilities to ease communicate. Adolescent greater use of cell phones when the learning process takes place. Phenomena push do research on cell phone addiction symptoms. The research purpose to gain an overview of the cell phone addiction symptoms intervention program, designed with the use of assertive training techniques for the reduction of learners who are experiencing cell phone addiction symptoms, how big the effectiveness of assertive training for reduction of learners who are experiencing cell phone addiction symptoms. Research using quantitative approach, in hopes of obtaining a general overview of data on learners who experience cell phone addiction symptoms. The research method used pre-design experiments, with One Group Pretest-Posttest Design. Collecting data was done using cell phone addiction symptoms poll samples as many as 151 students. The results of data processing a total of 14 students included in a cell phone addiction symptoms in the prologue and very high. Assertive training done as much as six times the training. Research showed assertive training effective reduction of cell phone addiction symptoms . because show the changes result from pre test results post to test. Recommendations aimed at, to counseling teacher and researchers next.*

**Key word :** *Cell phone addiction symptoms, Assertive training*