

ABSTRAK

Pipit Andayani (2015). Efektivitas Teknik *Social Skills Training* Untuk Mereduksi Perilaku *Bullying* Remaja Perempuan (Studi Eksperimen-Kuasi Terhadap Peserta Didik Kelas VIII SMP Negeri 26 Bandung Tahun Ajaran 2014/2015).

Remaja perempuan menunjukkan perilaku *bullying* dengan memanipulasi dinamika emosional dan psikologis dalam relasi atau hubungan pertemanan yang bertujuan untuk mengintimidasi orang lain. Faktor dominan penyebab perilaku *bullying* remaja perempuan dipengaruhi oleh lingkungan teman sebaya. Penekanan terhadap hubungan teman sebaya antara remaja perempuan mempengaruhi perilaku *bullying* yang difokuskan dalam aspek relasional dan verbal. Teknik *Social Skills Training* diberikan kepada pelaku *bullying* agar dapat meningkatkan keterampilan sosial dalam menjalin komunikasi dan interaksi yang positif dalam hubungan teman sebaya. Penelitian bertujuan menguji efektivitas teknik *Social Skills Training* untuk mereduksi perilaku *bullying* remaja perempuan. Penelitian menggunakan pendekatan kuantitatif dengan metode penelitian eksperimen-kuasi dan desain penelitian *non equivalent pre test - post test control group*. Penelitian dilakukan di SMP Negeri 26 Bandung dengan mengambil 20 sampel penelitian, yaitu peserta didik kelas VIII yang ditentukan menggunakan teknik *non probability* secara *purposive*. Instrumen penelitian yang digunakan adalah kuesioner perilaku *bullying* remaja perempuan. Analisis data menggunakan statistika deskriptif untuk melihat penurunan rata-rata skor perilaku *bullying* dan statistika inferensial untuk menguji efektivitas teknik *Social Skills Training*. Hasil penelitian menunjukkan nilai signifikansi sebesar 0,005, intervensi konseling menggunakan teknik *Social Skills Training* teruji efektif untuk mereduksi perilaku *bullying* remaja perempuan. Teknik *Social Skills Training* dapat diterapkan melalui pedoman pelaksanaan program intervensi untuk mereduksi perilaku *bullying* remaja perempuan.

Kata Kunci: *Bullying*, *Social Skills Training*, Relasional.

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ABSTRACT

Pipit Andayani (2015). *The Effectiveness Of Social Skills Training Technique To Reduce Bullying Behavior Among Girls (A Quasi Experimental Research To Students at Class VIII of SMP Negeri 26 Bandung In Academic Year 2014/2015).*

The girls showed bullying behavior by manipulated the emotional and psychological dynamics in the relationship of friendship that aimed to intimidate others. The dominant factor causing bullying behavior among girls was influenced by peer group. This emphasis on the relationship between girls and peer group influenced bullying behavior that was focused on relational and verbal aspects. Mechanical Social Skills Training was given to the perpetrators of bullying in order to improve social skills in established communication and positive interaction of peer relationship. The aimed of the research was to test the effectiveness of Social Skills Training technique to reduce bullying behavior among girls. The research used a quantitative approach with a quasi-experimental research method and non-equivalent pre-test - post-test control group design. The research was conducted in SMP Negeri 26 Bandung by taking 20 samples of students at class VIII were determined using non-probability technique purposively. The research instrument used a questionnaire bullying behavior among girls. The data was analyzed by using descriptive statistical to know the decrease of the average score of bullying behavior and using inferential statistical to test the effectiveness of Social Skills Training technique. The results showed a significance value of 0,005, that counseling intervention with Social Skills Training technique proven effective to reduce bullying behavior among girls. Social Skills Training technique can be applied through the guidelines for the implementation of intervention program to reduce bullying behavior among girls.

Keyword: Bullying, Social Skills Training, Relational.

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