

## **ABSTRAK**

### **EFEKTIVITAS SOLUTION-FOCUSED BRIEF COUNSELING DALAM SETTING KELOMPOK UNTUK MENINGKATKAN SELF-CONTROL SISWA**

Nurul Hikmah  
NIM. 1302527

Pembimbing : Dr. Ipah Saripah, M.Pd  
Program Studi Bimbingan dan Konseling, Sekolah Pascasarjana UPI

Penelitian dilatar belakangi oleh rendahnya *self-control* dalam kehidupan remaja yang berada pada usia Sekolah Menengah Pertama. Tujuan penelitian yaitu menguji keefektifan *solution focused brief counseling* dalam *setting* kelompok untuk meningkatkan *self-control* siswa. Pendekatan yang digunakan adalah kuantitatif, dengan metode kuasi eksperimen. Teknik sampling yang digunakan adalah *purposive sampling*. Konsep instrumen yang digunakan dirumuskan berdasarkan aspek-aspek *self-control* menurut Averil (1973). Tempat penelitian di SMP 6 Cimahi pada Kelas VIII sejumlah 15 orang parsipitan. Teknik analisis data menggunakan *Uji Mann Whitney*. Hasil penelitian menunjukkan bahwa *solution focused brief counseling* dalam *setting* kelompok terbukti efektif untuk meningkatkan *self-control* hal ini tampak pada hasil uji efektivitas, nilai rata-rata pada tiap aspek *self-control* untuk siswa kelompok eksperimen serta adanya dinamika perubahan perilaku pada tiap sesi konseling. Rekomendasi hasil penelitian ditujukan kepada: 1) guru bimbingan dan konseling agar dapat menerapkan *solution focused brief counseling* dalam *setting* kelompok sebagai layanan untuk mengembangkan *self-control* siswa serta sebagai basis pengembangan program bimbingan dan konseling; dan 2) peneliti selanjutnya untuk keperluan generalisasi data dapat melakukan penelitian yang serupa tetapi dengan variabel terikat yang berbeda.

Kata Kunci: *Solution Focused Brief Counseling*, konseling kelompok, *self control*

## **ABSTRACT**

### **THE EFFECTIVENESS OF SOLUTION-FOCUSED BRIEF COUNSELING IN GROUP SETTING TO INCREASE STUDENTS' SELF-CONTROL**

Nurul Hikmah  
NIM: 13102527

*Consultant: Dr. Ipah Saripah, M.Pd  
School of Postgraduate Studien UPI*

*This research is carried out as a consideration on the low self-control of junior high school students during their adolescence. The aim of this research is examining the effectiveness of Solution-Focused Brief Counseling in group setting to increase the students' self-control. A quantitative approach with a quasi-experimental research design was applied in this research. It was conducted at SMP 6 Cimahi; 15 students were involved. The instrument used was designed based on the aspects of self-control by Averril (1973). The data gathered were analyzed by using Mann-Whitney Testing. The findings show that Solution Focused Brief Counseling is effective in improving the students' self-control. It is shown on the result of effectiveness testing, the students' mean scores in each aspects of self-control in experimental group, and some positive changes of their behaviors in each counseling session. Based on the result of this research, it is suggested for: (1) the teachers to use Solution Focused Brief Counseling in group setting at school as a way to develop the students' self-control and as a basis of conseling program, and (2) the next researchers to do similar research with different independent variable in order to generate the topic investigated.*

*Key words:* *Solution Focused Brief Counseling, group setting, self-control*