

## ABSTRAK

**Anggi Azzi Purnama. (2012). Efektivitas Teknik *Self Instruction* Untuk Mereduksi Kecemasan Menghadapi Ujian (Penelitian Pra-Eksperimen terhadap Siswa Kelas VII Sekolah Menengah Pertama Negeri 40 Bandung Tahun Akademik 2012/2013).**

Penelitian ini bertujuan menguji efektivitas teknik *self instruction* untuk mereduksi kecemasan menghadapi ujian siswa sekolah menengah pertama. Penelitian menggunakan pendekatan kuantitatif dengan metode pra-eksperimen dan desain penelitian *one group pretest posttest design*. Penelitian dilakukan di SMPN 40 Bandung dengan mengambil subjek penelitian siswa kelas VII (tujuh) melalui teknik pengambilan sampel secara purposif. Instrumen penelitian yang digunakan adalah angket deteksi gejala kecemasan. Hasil penelitian menunjukkan secara empirik, intervensi konseling melalui teknik *self instruction* efektif untuk mereduksi kecemasan menghadapi ujian siswa sekolah menengah pertama.

\*Kata kunci : kecemasan ujian, teknik *self instruction*, siswa sekolah menengah pertama

## **ABSTRACT**

**Anggi Azzi Purnama. (2012). *Effectiveness Of Self-Instruction Techniques To Reduce Test Anxiety (Pre- Experimental Research of the VII Grade Students of Public Junior High School 40 Bandung, Year of Study 2012/2013).***

*This research aimed to find out the effectiveness of self-instruction techniques to reduce test anxiety in secondary school students. Quantitative approach was used in this research with pre-experimental methods and research design 'one group pretest-posttest design'. Research was conducted in SMPN 40 Bandung (secondary school) by taking students from seventh grade as research participant using purposive sampling technique. Data was collected by using questionnaire of anxiety symptoms detection. Results indicated empirically that self-instruction counseling techniques effective to reduce test anxiety of secondary school students.*

*\*Keywords : test anxiety, self instruction, junior high school, secondary school students*