

## ABSTRAK

**Deliana Aprishya, 1401125. (2018). Rancangan Layanan Konseling Kognitif-Perilaku untuk Mereduksi Kecenderungan Perilaku Seksual Pranikah Remaja (Penelitian Deskriptif terhadap Peserta Didik di SMA 'Z' Kabupaten Bandung Tahun Ajaran 2018/2019).**

Penelitian dilatarbelakangi oleh fenomena tingginya tingkat perilaku seksual pranikah dikalangan remaja. Tujuan penelitian adalah memperoleh gambaran deskriptif mengenai kecenderungan perilaku seksual pranikah. Penelitian menggunakan pendekatan kuantitatif dengan metode deskriptif. Subjek penelitian yaitu populasi peserta didik kelas XI SMA 'Z' Kabupaten Bandung Tahun Ajaran 2018/2019 yang berjumlah 280 peserta didik. Hasil penelitian menunjukkan: (1) Perilaku seksual pranikah peserta didik kelas XI SMA 'Z' Kabupaten Bandung yaitu sebagian kecil termasuk pada kategori tinggi dengan persentase 5%, termasuk dalam kategori sedang dengan persentase 28,93%, dan kategori rendah dengan persentase 66,07%; (2) Terdapat perbedaan yang signifikan perilaku seksual pranikah berdasarkan jenis kelamin, perilaku seksual pranikah laki-laki cenderung lebih tinggi dibandingkan perempuan. Berdasarkan kondisi perilaku seksual pranikah peserta didik yang diperoleh maka disusun rancangan layanan konseling kognitif perilaku. Konseling kognitif perilaku merupakan suatu strategi layanan bimbingan dan konseling yang dalam penelitian ini bertujuan untuk mereduksi perilaku seksual pranikah peserta didik kelas XI SMA 'Z' Kabupaten Bandung. Rekomendasi penelitian ditunjukkan kepada pihak sekolah, guru bimbingan dan konseling serta peneliti selanjutnya.

Kata Kunci : Perilaku Seksual Pranikah, Konseling Kognitif Perilaku

## ABSTRACT

***A Design of Cognitive Behavioral Counseling Services to Reduce Premarital Sexual Behavior (Descriptive Research of 'Z' Senior High School Students in Bandung District in the Academic Year of 2018/2019).***

*This research was carried out because of the phenomenon of the high level of premarital sexual behavior among the teenagers. The purpose of the study was to obtain a descriptive image of premarital sexual behavior. The research used a quantitative approach with descriptive methods. The research subjects were 280 students of XI grade in 'Z' Senior High School in Bandung District in the Academic Year of 2018/2019. The results of this research indicated that: (1) The Premarital sexual behavior of XI grade students in 'Z' Senior High School in Bandung District has a small percentage of students in high category with a number of 5%, students in the medium category are at a percentage of 28.93%, and students with low category are at a percentage of 66.07%; (2) There are significant differences in premarital sexual behavior based on sex, premarital sexual behavior of the male tends to be higher than the female. Based on the conditions of the premarital sexual behavior obtained, a design of cognitive behavioral counseling services was arranged. Cognitive behavioral counseling is a guidance and counseling service strategy which is in this study is aimed to reduce premarital sexual behavior of students in XI grade of 'Z' Senior High School in Bandung District. The recommendations of this study are addressed to the school, guidance and counseling teachers, and further researchers.*

*Keywords: Premarital Sexual Behavior, Cognitive Behavioral Counseling*