BIMBINGAN KELOMPOK DENGAN PENDEKATAN KOGNITIF PERILAKU UNTUK MENINGKATKAN *STRIVING FOR SUPERIORITY* REMAJA *DIGITAL NATIVES*

TESIS

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ABSTRAK

Desriani Rahmania, 2010402. Bimbingan Kelompok dengan Pendekatan *Cognitive Behavioral Intervention* untuk Meningkatkan *Striving for Superiority* Remaja *Digital Natives* Bumi Siliwangi. Dibimbing oleh Dr. Anne Hafina Adiwinata, M. Pd dan Dr. Suherman, M. Pd.

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Eksplorasi diri remaja saat ini dihadapkan dengan kemajuan teknologi yang memudahkan untuk pengembangan diri, namun remaja juga dihadapkan *inferiority feelings* dalam pengembangan dirinya sehingga dibutuhkan kemampuan memaknai inferiority feelings sebagai fondasi untuk menuju *striving for superiority*. Tujuan penelitian ini adalah untuk mengetahui gambaran *Striving for Superiority* pada peserta didik remaja, mengetahui pelaksanaan layanan bimbingan kelompok *cognitive behavioral intervention* dan mengetahui efektivitas teknik *cognitive behavioral intervention* untuk meningkatkan *Striving for Superiority* pada remaja. Pendekatan yang digunakan adalah kuantitatif, metode penelitian yang digunakan kuasi eksperimen, desain yang digunakan adalah *time series design*. Hasil penelitian penelitian ini menemukan bahwa *Striving for Superiority* berada pada tingkat sedang. Data hasil angket berupa data ordinal berdistribusi tidak normal sehingga menggunakan Uji Wilcoxson hasil menunjukan teknik *Cognitive Behavioral Intervention* signifikan untuk meningkatkan *Striving for Superiority* pada peserta didik kelas XI SMA Laboratorium UPI Tahun Ajaran 2022/2023.

Kata kunci : Bimbingan Kelompok, *Cognitive Behavioral Intervention, Striving for Superiority, Inferiority Feelings, Growth Mindset*.

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