LEMBAR PENGESAHAN

Skripsi yang berjudul

PENGARUH KONSELING KELOMPOK *RATIONAL EMOTIVE THERAPY* (RET) TERHADAP KECEMASAN MENGHADAPI UJIAN PADA SISWA KELAS XII DI SEKOLAH SMK GOTONG ROYONG KABUPATEN GORONTALO

OlehMardia Muharam

Telah dipertahankan didepan dewan penguji

Hari/Tanggal : Senin 22 Juli 2019

Waktu :10:30 WITA

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ABSTRAK

Muharam, Mardia. 2019.*Pengaruh Konseling Kelompok Rational Emotive Therapy (RET) TerhadapKecemasan Menghadapi Ujian Pada Siswa Kelas Xii Di Smk Gotong Royong Kabupaten Gorontalo.* Skripsi. Jurusan Bimbingan dan Konseling, Fakultas Ilmu Pendidikan, Universitas Negeri Gorontalo. Dra. Maryam Rahim M.Pd dan Dra. Mardia Bin Smith S.Pd., M.Si, juga selaku sebagai pembimbing I dan pembimbing II

Rumusan masalah pada penelitian ini adalah "Apakah ada pengaruh konseling kelompok *rational emotive therapy*terhadap kecemasan menghadapi ujian pada siswa kelas XII di SMK Gotong Royong?". Penelitian ini bertujuan untuk mengetahui pengaruh konseling kelompok *rational emotive therapy* terhadapterhadapkecemasan menghadapi ujian pada siswa kelas XII di SMK Gotong Royong.Jenis penelitian ini adalah*Pre-experimental design* dengan rancangan *One-Group Pretest-Postest Design.* Variabel bebas yaitu konseling kelompok rational emotive therapy dan variabel terikat yaitu kecemasan menghadapi ujian.Sampel yang digunakan sebanyak 8 siswa. Hasil penelitian diperoleh nilai rata-rata pretest 139,63dan nilai rata-rata posttest 92,00. Hasil pengujian hipotesis diperoleh $t_{hitung} > t_{tabel}$ yaitu 10,438>3,50. Dengan demikian dapat disimpulkan bahwa terdapat pengaruh konseling kelompok *rational emotive therapy*terhadapkecemasan menghadapi ujian pada siswa kelas XII di SMK Gotong Royong kabupaten gorontalo.

Kata Kunci :Konseling Kelompok *rational emotive therapy*, kecemasan menghadapi ujian

ABSTRACT

Muharam, Mardia. 2019. *The Influence of Rational Emotive Therapy (RET) Group Counseling on Anxiety in Facing Examination at Students of Grade XII at SMK Gotong Royong of Gorontalo District*. Skripsi. Department of Guidance and Counseling, Faculty of Education, State University of Gorontalo. The principal supervisor is Dra. Maryam Rahim, M.Pd., and the co-supervisor is Mardia Bin Smith, S.Pd., M.Si.

The problem statement of the research was, "is there any influence of rational emotive therapy group counseling on anxiety in facing examination at students of grade XII at SMK Gotong Royong?." The research aim was to find out the influence of rational emotive therapy group counseling on anxiety in facing examination at students of grade XII at SMK Gotong Royong. This was pre-experimental research with One-Group Pretest-Posttest Design. The independent variable was rational emotive therapy group counseling while the dependent variable was anxiety in facing the examination. The research samples were 8 students. The research finding obtained an average value of pretest for 139,63 and post-test was 92,00. The result of hypothesis testing gained $t_{count} > t_{table}$ or 10,438 > 3,50. In conclusion, there was an influence of rational emotive therapy group counseling on anxiety in facing examination at students of grade XII at SMK Gotong Royong of Gorontalo District.

Keywords: Group Counseling, rational emotive therapy, Anxiety in Facing Examination