

ABSTRAK

Hulu. Niat Triniat Wati. (2025). *Pengaruh Layanan Bimbingan Kelompok dengan Teknik Self-disclosure Terhadap Peningkatan Hubungan Sosioemosional di UPTD SMP Negeri 4 Gunungsitoli* Skripsi. Pembimbing (1) Dr. Famahato Lase, M.Pd., Kons. (2) Hosianna Rodearni Damanik, S.Psi., M.Psi. (3) Justin Foera-era Lase, S.Tr.Sos., Sp. P.S.P.D.

Rendahnya hubungan sosioemosional siswa di SMP Negeri 4 Gunungsitoli, seperti kesulitan beradaptasi dan rendahnya interaksi sosial, mendorong perlunya intervensi melalui layanan bimbingan kelompok dengan teknik *self-disclosure*. Penelitian ini bertujuan untuk mengetahui pengaruh layanan tersebut terhadap peningkatan hubungan sosioemosional siswa. Penelitian menggunakan pendekatan kuantitatif dengan metode asosiatif, melibatkan 30 siswa kelas VII-D yang dipilih melalui *purposive sampling*. Instrumen angket divalidasi dan diuji reliabilitasnya sebelum digunakan. Hasil analisis menunjukkan bahwa layanan bimbingan kelompok dan teknik *self-disclosure* berpengaruh signifikan secara simultan terhadap hubungan sosioemosional ($F_{hitung} = 20,035$; sig. 0,000; $R^2 = 55,7\%$) dan secara parsial masing-masing juga signifikan ($T_{hitung} X1 = 3,243$; $X2 = 3,303$). Disimpulkan bahwa layanan ini efektif meningkatkan hubungan sosioemosional siswa, baik dalam hal adaptasi sosial maupun pengelolaan emosi.

Kata Kunci: Bimbingan Kelompok, Self-Disclosure, Hubungan Sosioemosional

ABSTRACT

Hulu. Niat Triniat Wati. (2025). The Effect of Group Guidance Services with Self-disclosure Techniques on Improving Socioemotional Relationships at UPTD SMP Negeri 4 Gunungsitoli Thesis. Supervisor (1) Dr. Famahato Lase, M.Pd., Cons. (2) Hosianna Rodearni Damanik, S.Psi, M.Psi. (3) Justin Foera-era Lase, S.Tr.Sos., Sp. P.S.P.D.

The low socioemotional relationships of students at SMP Negeri 4 Gunungsitoli, such as difficulty adapting and low social interaction, encourage the need for intervention through group guidance services with self-disclosure techniques. This study aims to determine the effect of these services on improving students' socioemotional relationships. The study used a quantitative approach with an associative method, involving 30 students of class VII-D who were selected through purposive sampling. The questionnaire instrument was validated and tested for reliability before use. The results of the analysis showed that group guidance services and self-disclosure techniques had a significant effect simultaneously on socioemotional relationships (F count = 20.035; sig. 0.000; R^2 = 55.7%) and partially each was also significant (Thitung X_1 = 3.243; X_2 = 3.303). It is concluded that this service is effective in improving students' socioemotional relationships, both in terms of social adaptation and emotional management.

Keywords: Group Guidance, Self-Disclosure, Socioemotional Relationship