

ABSTRAK

Gulo, Piterman. 2025. Efektivitas Konseling REBT (*Rational Emotive Behaviour Therapy*) Dalam Penyelesaian Konflik Interpersonal Siswa Di Smp Negeri 2 Gunungsitoli. Skripsi. Pembimbing (1) Hosianna Rodearni Damanik, S.Psi., M.Psi.

Penelitian ini bertujuan untuk mengetahui efektivitas Konseling Rational Emotive Behaviour Therapy (REBT) dalam penyelesaian konflik interpersonal siswa di UPTD SMP Negeri 2 Gunungsitoli. Konflik interpersonal yang sering terjadi antar teman sekelas berdampak negatif pada proses pembelajaran, seperti bullying, penolakan, kecemasan, dan menurunnya prestasi belajar. Penelitian menggunakan pendekatan kuantitatif dengan desain quasi-eksperimen. Hasil uji *t* posttest menunjukkan signifikansi 0,000, menandakan adanya pengaruh konseling REBT terhadap penyelesaian konflik. Uji N-Gain menunjukkan efektivitas sebesar 62,2%, termasuk kategori cukup efektif. Dengan demikian, konseling REBT cukup efektif dalam menyelesaikan konflik interpersonal siswa.

Kata Kunci : Konseling REBT (*Rational Emotive Behaviour Therapy*), Konflik Interpersonal

ABSTRACT

Gulo, Piterman. 2025. The Effectiveness of REBT (*Rational Emotive Behaviour Therapy*) Counselling in Resolving Students' Interpersonal Conflicts at Smp Negeri 2 Gunungsitoli. Thesis. Supervisor (1) Hosianna Rodearni Damanik, S.Psi., M.Psi.

This study aims to determine the effectiveness of *Rational Emotive Behaviour Therapy* (REBT) Counselling in resolving student interpersonal conflicts at UPTD SMP Negeri 2 Gunungsitoli. Interpersonal conflicts that often occur between classmates have a negative impact on the learning process, such as bullying, rejection, anxiety, and decreased learning achievement. The study used a quantitative approach with a quasi-experimental design. The posttest t-test results showed a significance of 0.000, indicating the effect of REBT counselling on conflict resolution. The N-Gain test showed an effectiveness of 62.2%, including the moderately effective category. Thus, REBT counselling is quite effective in resolving students' interpersonal conflicts.

Keywords: *Rational Emotive Behaviour Therapy* (REBT) Counselling, Interpersonal Conflict.