

ABSTRAK

Gulo, Meisiska Juita .2025. *Efektivitas Layanan BK Klasikal Terhadap Konsep Diri Peserta Didik Di UPTD SMP Negeri 3 Mandrehe* Skripsi. Pembimbing (1) Dr. Famahato Lase S.Pd., M.Pd., Kons.

Penelitian ini dilaksanakan untuk menguji efektivitas layanan bimbingan konseling (BK) klasikal terhadap peningkatan konsep diri peserta didik di UPTD SMP Negeri 3 Mandrehe. Latar belakang penelitian ini adalah masih adanya sejumlah siswa yang menunjukkan gejala konsep diri negatif, seperti kurang percaya diri, perasaan rendah diri, hingga enggan berpartisipasi aktif dalam kegiatan sekolah. Kondisi ini berpengaruh pada motivasi belajar dan hubungan sosial mereka di lingkungan sekolah.

Metode penelitian menggunakan pendekatan kuantitatif dengan desain eksperimen *pretest-posttest control group*. Subjek penelitian berjumlah 30 siswa kelas VII yang dipilih dengan teknik *purposive sampling*. Instrumen utama berupa angket konsep diri yang telah diuji validitas dan reliabilitasnya. Data dianalisis menggunakan uji-t dan regresi dengan bantuan SPSS versi 25 untuk mengetahui adanya perbedaan signifikan antara skor sebelum dan sesudah perlakuan.

Hasil penelitian menunjukkan adanya peningkatan skor konsep diri yang cukup berarti setelah siswa mengikuti layanan BK klasikal. Skor rata-rata pretest sebesar 22,87 meningkat menjadi 64,4 pada posttest, atau terjadi kenaikan sebesar 41,53 poin (27,69%). Analisis regresi menghasilkan nilai R Square sebesar 0,894, yang berarti 89,4% variasi peningkatan konsep diri peserta didik dijelaskan oleh layanan BK klasikal. Uji ANOVA menunjukkan $F_{hitung} 235,785 > F_{tabel} 3,422$ dengan signifikansi $0,000 (< 0,05)$, sehingga model regresi signifikan. Dengan demikian, hipotesis penelitian diterima, dan dapat disimpulkan bahwa layanan BK klasikal efektif dalam meningkatkan konsep diri peserta didik, baik pada aspek kepercayaan diri, penerimaan diri, maupun interaksi sosial.

Kata kunci: bimbingan konseling klasikal, konsep diri, efektivitas

ABSTRACT

Gulo, Meisiska Juita. 2025. *The Effectiveness of Classical Guidance and Counseling Services on Students' Self-Concept at UPTD SMP Negeri 3 Mandrehe*. Thesis. Supervisor (1) Dr. Famahato Lase, S.Pd., M.Pd., Kons.

This study was conducted to examine the effectiveness of classical guidance and counseling (GC) services in improving students' self-concept at UPTD SMP Negeri 3 Mandrehe. The background of this research lies in the fact that several students still exhibited negative self-concepts, such as lack of confidence, feelings of inferiority, and reluctance to actively participate in school activities. These conditions have an impact on their learning motivation as well as their social interactions in the school environment.

The research employed a quantitative approach with a *pretest-posttest control group* experimental design. The subjects were 30 seventh-grade students selected through purposive sampling. The main instrument was a self-concept questionnaire that had been tested for validity and reliability. Data were analyzed using t-test and regression analysis with SPSS version 25 to determine whether there were significant differences between the pretest and posttest scores.

The findings revealed a considerable increase in self-concept scores after the students participated in the classical GC services. The average pretest score of 22.87 increased to 64.4 in the posttest, showing a gain of 41.53 points (27.69%). Regression analysis produced an R Square value of 0.894, indicating that 89.4% of the variation in self-concept improvement was explained by the classical GC services. The ANOVA test showed F-count 235.785 > F-table 3.422 with a significance of 0.000 (< 0.05), confirming that the regression model was statistically significant. Thus, the research hypothesis was accepted, and it can be concluded that classical GC services are effective in enhancing students' self-concept, particularly in the aspects of self-confidence, self-acceptance, and social interaction.

Keywords: classical guidance and counseling, self-concept, effectiveness