

ABSTRAK

Mulyanto, Ayu Kharisma Paramita.2024. Efektivitas Teknik *Cognitive Restructuring*

Untuk Meningkatkan *Self-Concept* Pada Remaja *Broken Home*. Program Studi Bimbingan dan Konseling. Fakultas Ilmu Keguruan, Universitas PGRI Adi Buana Surabaya. Dosen Pembimbing: Ayong Lianawati, S.Pd., M.Pd

Kata Kunci: *self-concept, broken home, cognitive restructuring*

Penelitian ini dilaksanakan berdasarkan permasalahan yang muncul pada anggota Padepokan Pencak Silat Pagar Nusa Garda Mu'min, Simogirang, Sidoarjo. Permasalahan yang muncul yaitu rendahnya *self-concept*. Tujuan dari penelitian ini adalah untuk menguji keefektifan pendekatan *cognitive behavior therapy* untuk meningkatkan *self-concept* pada remaja *broken home*, dengan teknik *cognitive restructuring*. Rancangan pada penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian *single subject design* (SSD). Penelitian ini memiliki sampel 1 subjek penelitian yang terkategori memiliki *self-concept* yang rendah. Metode pengumpulan data yang digunakan yaitu observasi dan skala pengukuran *self-concept*. Teknik analisis data yang digunakan yaitu analisis dalam kondisi, dan analisis antar kondisi. Hasil analisis dalam kondisi dan analisis antar kondisi juga menunjukkan positif atau meningkat, dimana nilai akhir *overlap* pada analisis antar kondisi sebesar 0% yang menunjukkan semakin kecil nilai maka semakin baik, dan juga diperkuat dengan hasil *post-test* diakhir intervensi (B) dengan mendapatkan skor 125 yang dikategorikan sedang, setelah diberikan konseling individu dengan pendekatan *cognitive behavior therapy* (CBT) teknik *cognitive restructuring*.

ABSTRACT

Mulyanto, Ayu Kharisma Paramita.2024. *Effectiveness of Cognitive Restructuring*

Techniques To Improve Self-Concept in Broken Home Adolescents. Guidance and Counseling Study Program. Faculty of Teacher Training, PGRI Adi Buana University Surabaya. Supervisor: Ayong Lianawati, S.Pd., M.Pd

Keywords: self-concept, broken home, cognitive restructuring

This research was carried out based on problems that arose among members of the Pagar Nusa Garda Mu'min Martial Art's Hermitage, Simogirang, Sidoarjo. The problem that arises is low self-concept. The aim of this research is to test the effectiveness of the cognitive behavior therapy approach to improve self-concept in broken home adolescents, using cognitive restructuring techniques. The design of this research uses a quantitative approach with a single subject design (SSD) type of research. This study had a sample of 1 research subject who was categorized as having low self-concept. The data collection methods used are observation and a self-concept measurement scale. The data analysis techniques used are within-condition analysis and between-condition analysis. The results of the analysis within conditions and the analysis between conditions also show positive or increased, where the final overlap value in the analysis between conditions is 0%, which shows that the smaller the value, the better, and is also reinforced by the results of the post-test at the end of the intervention (B) by getting a score 125 were categorized as moderate, after being given individual counseling using a cognitive behavior therapy (CBT) approach, cognitive restructuring techniques.