

## ABSTRAK

Atikah, Jihan Fairuz. 2022. Efektivitas Teknik *Role playing* Dalam Bimbingan Kelompok Terhadap Perilaku *Bullying* Siswa Kelas VIII SMP Negeri 5 Surabaya. Program Studi Bimbingan dan Konseling. Fakultas Pedagogi dan Psikologi, Universitas PGRI Adi Buana Surabaya. Pembimbing: Aniek Wirastania, S.Pd., M.Pd.

Kata Kunci: *Bullying, Role playing, Bimbingan Kelompok*

Penelitian ini dilaksanakan berdasarkan fenomena yang terjadi di kelas VIII SMP Negeri 5 Surabaya yang menunjukkan perilaku *bullying* tinggi. Rumusan masalah yaitu apakah bimbingan kelompok dengan teknik *role playing* efektif dalam meningkatkan pemahaman perilaku *bullying* peserta didik. Tujuan penelitian untuk memperoleh bukti empiris mengenai efektivitas teknik *role playing* terhadap perilaku *bullying* siswa kelas VIII di SMP Negeri 5 Surabaya.

Metode pengumpulan data yang digunakan dalam penelitian ini adalah penelitian kuantitatif. Instrument pada penelitian ini menggunakan skala pengukuran perilaku *bullying* siswa. Rancangan penelitian yang digunakan pada penelitian ini adalah *one grup pre-test post-test design*, yang diberikan kepada 10 orang siswa kelas VIII-H yang mendapatkan skor perilaku *bullying* tinggi. Teknik sampel yang diambil menggunakan teknik *purposive sampling*. Teknik analisis data yang digunakan dalam penelitian ini adalah analisis non parametik dengan menggunakan Uji *Wilcoxon*.

Hasil penelitian menunjukkan adanya penurunan perilaku *bullying* peserta didik. Skala perilaku *bullying* siswa sebelum diberi perlakuan dengan teknik *role playing* dalam bimbingan kelompok berada pada skor 101,1 dan setelah diberi perlakuan dengan teknik *role playing* pada bimbingan kelompok diperoleh skor 56. Hasil interpretasi menggunakan uji *Wilcoxon* diketahui bahwa *Asymp. Sig (2-tailed)* bernilai 0,005. Karena nilai 0,005 lebih kecil dari  $< 0,05$ , maka dapat disimpulkan bahwa  $H_0$  ditolak dan  $H_a$  diterima. Berdasarkan hal tersebut menunjukkan bahwa terdapat efektivitas teknik *role playing* dalam bimbingan kelompok untuk menurunkan perilaku *bullying* siswa kelas VIII SMP Negeri 5 Surabaya.

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Keywords: *Bullying, Role Playing, Group Guidance*

This research was conducted based on a phenomenon that happened in class VIII of SMP Negeri 5 Surabaya which showed high *bullying* behavior. The formulation of the problem is whether group guidance with role playing techniques is effective in increasing students' understanding of *bullying* behavior. This research's aim to prove about the effectiveness of role playing techniques on the *bullying* behavior of class VIII students at SMP Negeri 5 Surabaya.

The data collection method that was used in this research is quantitative research. The instrument was used in this research was a scale for measuring student *bullying* behavior. The research design was used in this research was a one group pre-test post-test design, which was given to 10 students of class VIII-H who got a high score of *bullying* behavior. The sample technique was taken using a purposive sampling technique. The data analysis technique was used in this research was non-parametric analysis using the Wilcoxon test.

The results showed a decrease in students' *bullying* behavior. The scale of students' *bullying* behavior before being treated with role playing techniques in group guidance was in score of 101.1 and after being treated with role playing techniques in group guidance, a score of 56. The result of interpretation using Wilcoxon test is known that Asymp. Sig (2-tailed) is worth 0.005. Because the value of 0.005 is smaller than  $<0.05$ , it can be concluded that  $H_0$  is rejected and  $H_a$  is accepted, which indicates a difference between the results of the pre-test and post-test. Based on this, it shows that there is an effectiveness of role playing techniques in group guidance to reduce *bullying* behavior in class VIII students of SMP Negeri 5 Surabaya.