

ABSTRAK

Arista, Nifatus Bela. 2022. Efektivitas Layanan Bimbingan Kelompok Teknik

Role Playing Terhadap Burnout Study Siswa Kelas Xi Ips 4 Sma Negeri 1 Menganti Gresik. Program Studi Bimbingan dan Konseling. Fakultas Pedagogi Dan Psikologi, Universitas PGRI Adi Buana Surabaya.

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Kata Kunci: *Burnout Study*, *Bimbingan Kelompok Teknik Role Playing*

Penelitian ini dilaksanakan berdasarkan fenomena yang ada di kelas XI SMAN 1 Menganti yang menunjukkan tingkat *burnout study* yang tinggi. Rumusan masalah yaitu bagaimana efektivitas layanan bimbingan kelompok teknik *role playing* dalam menurunkan *burnout study* peserta didik. Penelitian ini bertujuan untuk memperoleh bukti empiris mengenai efektivitas layanan bimbingan kelompok teknik *role playing* dalam menurunkan *burnout study* peserta didik.

Penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian pre-eksperimental bentuk *one group pretest-posttest design*. Populasi penelitian adalah peserta didik kelas XI IPS 4 SMAN 1 Menganti, dan sebagai sampelnya adalah 8 siswa kelas XI yang memiliki tingkat *burnout study* yang tinggi. Teknik sampel yang diambil dengan teknik *purposive sampling*. Metode pengumpulan data menggunakan angket *burnout study*. Teknik analisis data yang digunakan yakni analisis statistik non parametrik dengan menggunakan *Uji Wilcoxon*.

Hasil penelitian menunjukkan adanya penurunan *burnout study* pada peserta didik. Tingkat *burnout study* peserta didik sebelum diberi perlakuan berupa layanan bimbingan kelompok teknik *role playing* berada pada kategori tinggi dengan skor rata-rata sebesar 92, dan setelah diberi perlakuan

berupa layanan bimbingan kelompok teknik permainan *role playing* masuk dalam kategori rendah dengan skor rata-rata 48,4.. Hasil interpretasi menggunakan uji Wilcoxon diketahui bahwa Asymp. Sig (2-tailed) bernilai 0,012. Karena nilai 0,012 lebih kecil dari $< 0,05$, maka dapat disimpulkan bahwa H_0 ditolak dan H_a diterima. Adanya pengaruh signifikan layanan bimbingan kelompok teknik *Role Playing* Terhadap *Burnout Study* Siswa Kelas XI IPS 4 Sma Negeri 1 Menganti Gresik.

ABSTRACT

Arista, Nifatus Bela. 2022. The Effectiveness of Role Playing Technique Group Guidance Services on Burnout Study of Class Xi Ips 4 Students at Sma Negeri 1 Menganti Gresik. Guidance and Counseling Study Program.

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Keywords: *Burnout Study, Role Playing Technique Group Guidance*

This research was carried out based on the phenomena in class XI of SMAN 1 Menganti which showed a high level of burnout study. The formulation of the problem is how the effectiveness of the role playing technique group guidance service in reducing the burnout study of students. This study aims to obtain empirical evidence regarding the effectiveness of role playing technique group guidance services in reducing student burnout study.

This study uses a quantitative approach with the type of pre-experimental research in the form of one group pretest-posttest design. The study population was students of class XI IPS 4 SMAN 1 Menganti, and as a sample were 8 students of class XI who had a high level of burout study. The sampling technique was taken by purposive sampling technique. Methods of data collection using a burnout study questionnaire. The data analysis technique used is non-parametric statistical analysis using the Wilcoxon test.

The results showed a decrease in burnout study in students. The level of burnout study of students before being treated in the form of role playing technique group guidance

services was in the high category with an average score of 92, and after being treated in the form of role playing technique group guidance services was in the low category with an average score of 48, 4. The result of interpretation using the Wilcoxon test is known that Asymp. Sig (2-tailed) is worth 0.012. Because the value of 0.012 is smaller than <0.05 , it can be concluded that H_0 is rejected and H_a is accepted. There is a significant influence of the Role Playing Technique Group Guidance Service on the Burnout Study of Class XI Social Sciences 4 Sma Negeri 1 Menganti Gresik Students.