

## ABSTRAK

Maghfira, Ervinda Rosana. 2023. Efektivitas *Cinematherapy* Dalam Bimbingan Kelompok Untuk Meningkatkan *Self-efficacy* Akademik Siswa. Program Studi Bimbingan dan Konseling. Fakultas Pedagogi dan Psikologi, Universitas PGRI Adi Buana Surabaya. Dosen Pembimbing: Maghfirotul Lathifah, S.Pd., M.Pd.

Kata Kunci: *Cinematherapy*, Bimbingan Kelompok, *Self-efficacy* Akademik

Penelitian ini dilaksanakan berdasarkan problematik yang terjadi pada siswa kelas IX UPT SMPN 15 Gresik, yang menunjukkan tingkat *self-efficacy* akademik rendah. Rumusan masalah, yaitu apakah *cinematherapy* dalam bimbingan kelompok efektif untuk meningkatkan *self-efficacy* akademik siswa. Penelitian ini bertujuan untuk mengetahui efektivitas *cinematherapy* dalam bimbingan kelompok meningkatkan *self-efficacy* akademik siswa.

Rancangan pada penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian *Quasi Experimental Design* dengan bentuk *Nonequivalent Control Group Design*. Populasi penelitian adalah seluruh kelas IX UPT SMPN 15 Gresik. Sampel penelitian sejumlah 14 siswa yang terdiri dari 7 siswa menjadi kelompok eksperimen dan 7 siswa menjadi kelompok kontrol yang memiliki tingkat *self-efficacy* akademik rendah. Teknik sampling yang digunakan, yaitu teknik *non-probability* dengan jenis *purposive sampling*. Metode pengumpulan data menggunakan skala pengukuran *self-efficacy* akademik. Teknik analisis data yang digunakan adalah analisis parametrik dengan uji *Independent Sample T Test* dengan bantuan program SPSS 25.0.

Hasil dari uji *Independent Sample T test* dalam penelitian ini adalah nilai Sig. (2-tailed) sebesar 0,000 karena ( $0,000 < 0,05$ ), maka dapat ditarik kesimpulan bahwa  $H_0$  ditolak dan  $H_a$  diterima. Artinya ada perbedaan rata-rata pada hasil *self-efficacy* akademik siswa setelah diberikan *treatment cinematherapy* dalam bimbingan kelompok antara kelompok eksperimen dan kelompok kontrol yang tidak diberikan *treatment*. Hipotesis penelitian ini berbunyi

“Adanya keefektifan *Cinematherapy* dalam Bimbingan Kelompok untuk meningkatkan *Self-efficacy* Akademik siswa”, sehingga pelaksanaan *cinematherapy* dalam bimbingan kelompok dapat digunakan untuk meningkatkan *Self-efficacy* Akademik siswa kelas IX di UPT SMPN 15 Gresik.

## ABSTRACT

*Maghfira, Ervinda Rosana. 2023. The Effectiveness of Cinematherapy In Group Guidance To Improve Students' Academic Self-efficacy. Guidance and Counseling Study Program. Faculty of Pedagogy and Psychology, PGRI Adi Buana University Surabaya. Supervisor: Maghfirotul Lathifah, S.Pd., M.Pd.*

*Keywords: Cinematherapy, Group Guidance, Academic Self-efficacy*

*This research was carried out based on the problems that occurred in grade IX upt students of SMPN 15 Gresik, which showed a low level of academic self-efficacy. The formulation of the problem, namely whether cinematherapy in group guidance is effectiv to improve the academic self-efficacy of students. The purpose of this study was to determine the effectiveness of cinematherapy in group guidance to improve students' academic self-efficacy.*

*The design of this study uses a quantitative approach with a type of Quasi Experimental Design research with the form of Nonequivalent Control Group Design. The research population in this study was the entire class IX UPT SMPN 15 Gresik. The research sample of 14 students consisting of 7 students became an experimental group and 7 students became a control group that had a low level of academic self-efficacy. The sampling technique used is a non-probability technique with purposive sampling type. The data collection method uses an academic self-efficacy measurement scale. The data analysis technique used is parametric analysis with the Independent Sample T Test.*

*The result of the Independent Sample T test in this study is a Sig. (2-tailed) value of 0.000 because ( $0.000 < 0.05$ ), it can be concluded that  $H_0$  is rejected and  $H_a$  is accepted. This means that there is an average difference in the results of students' academic self-efficacy after being given treatment cinematherapy in group guidance between the experimental group and the control group that was not given treatment. The hypothesis of this study reads "The effectiveness of Cinematherapy in Group Guidance to improve students' Academic Self-efficacy", so that the implementation of*

*cinematherapy in group guidance can be used to improve the Academic Self-efficacy of grade IX students of UPT SMPN 15 Gresik.*