

## ABSTRACT

**Erison. 2021. "The effectiveness of the Rational Emotive Behavior Therapy approach in group settings to overcome student bullying behavior". Thesis. Guidance and Counseling Master's Degree Study Program, Faculty of Education, State University of Padang.**

The background of this research is the problem of the lively bullying behavior of students at school. Bullying behavior is negative behavior that can harm yourself and others. Efforts have been made to overcome student bullying behavior by using the Rational Emotive Behavior Therapy approach in group settings. The purpose of this study was to see the effectiveness of the Rational Emotive Behavior Therapy approach in group settings to overcome students' bullying behavior.

This study used an experimental design with Posttest Only Control Group Design. The research subjects were students of SMP Hamka II Padang who were recommended by the counseling teacher as many as 20 students with certain considerations related to the problem of bullying. Then it was divided into 2 groups consisting of 10 students as the experimental group and 10 students as the control group. The technique in determining the research subject uses random sampling technique. Data were analyzed using the Kolmogorov Smirnov test 2 Independent Samples uji.

The results of this study concluded that the Rational Emotive Behavior Therapy approach to group settings was effective in overcoming students' bullying behavior. The results of this study can be used as a reference in making guidance and counseling service programs, especially the use of the Rational Emotive Behavior Therapy approach in group settings to overcome student bullying behavior.

Keywords: Rational Emotive Behavior Therapy, Bullying Behavior

## ABSTRAK

**Erismon. 2021. “Efektivitas pendekatan *Rational Emotive Behavior Therapy setting* kelompok untuk mengatasi perilaku *bullying* Siswa”. Tesis. Program Studi S2 Bimbingan dan Konseling Fakultas Ilmu Pendidikan Universitas Negeri Padang.**

Penelitian ini dilatarbelakangi dari permasalahan maraknya perilaku *bullying* siswa di sekolah. Perilaku *bullying* merupakan perilaku negatif yang dapat merugikan diri pribadi dan orang lain. Upaya yang dilakukan dalam mengatasi perilaku *bullying* siswa adalah dengan menggunakan pendekatan *Rational Emotive Behavior Therapy setting* kelompok. Tujuan dari penelitian ini adalah untuk melihat efektivitas pendekatan *Rational Emotive Behavior Therapy setting* kelompok untuk mengatasi perilaku *bullying* siswa.

Penelitian ini menggunakan desain eksperimen *Posttest Only Control Group Design*. Subjek penelitian adalah siswa SMP Hamka II Padang yang direkomendasi oleh Guru BK sebanyak 20 orang siswa dengan pertimbangan tertentu terkait dalam permasalahan *bullying*. Kemudian dibagi menjadi 2 kelompok yang terdiri dari 10 orang siswa sebagai kelompok eksperimen dan 10 orang siswa sebagai kelompok kontrol. Teknik dalam penetapan subjek penelitian menggunakan teknik *random sampling*. Data dianalisis menggunakan uji *Kolmogorov Smirnov 2 Independent Sampels*.

Hasil penelitian ini, menyimpulkan bahwa pendekatan *Rational Emotive Behavior Therapy setting* kelompok efektif untuk mengatasi perilaku *bullying* siswa. Hasil penelitian ini dapat dijadikan sebagai rujukan dalam membuat program layanan bimbingan dan konseling, terutama penggunaan pendekatan *Rational Emotive Behavior Therapy setting* kelompok untuk mengatasi perilaku *bullying* siswa.

Kata Kunci: *Rational Emotive Behavior Therapy*, Perilaku *Bullying*