

ABSTRAK

Aditya, Wahyu. 2021. *Pengaruh Layanan Bimbingan Kelompok Teknik Self-Management Terhadap Kedisiplinan Beribadah Remaja Di Desa Banjarrejo 38b Batanghari Lampung Timur*. Skripsi. Jurusan Ilmu Pendidikan. Program Studi Bimbingan dan Konseling. FKIP Universitas Muhammadiyah Metro. Pembimbing (I) Prof. Dr. H. Marzuki Noor, M.S. (II) Agus Wibowo M.Pd.

Kata kunci: Bimbingan Kelompok, Teknik Self-Management, Kedisiplinan Beribadah.

Para Remaja membutuhkan peran dari dirinya sendiri, keluarga dan lingkungan dalam mendukung tumbuh kembangnya, dalam hal potensi yang ada pada diri masing-masing remaja. Layanan bimbingan dan konseling dapat dilakukan oleh konselor untuk memfasilitasi para remaja dalam mengaktualisasikan pemahaman diri secara optimal. Rumusan masalah dalam penelitian ini adakah Pengaruh Layanan Bimbingan Kelompok Teknik *Self-Management* Terhadap Kedisiplinan Beribadah Remaja di Desa Banjarrejo 38b Batanghari Lampung Timur. Tujuan penelitian ini untuk mengetahui Pengaruh Positif Layanan Bimbingan Kelompok Teknik *Self-Management* Terhadap Kedisiplinan Beribadah Remaja di Desa Banjarrejo 38b Batanghari Lampung Timur. Metode penelitian yang digunakan ialah kuantitatif eksperimen. Desain yang digunakan dalam penelitian ini adalah *Quasi experiment* dengan metode *One Group Pretest-Posttest Design* (Satu Kelompok Pretest-Posttest). Populasi penelitian 20 remaja dan sampel penelitian sebanyak 7 remaja dengan menggunakan *Purposive sampling* Instrumen pengambilan data berupa angket dengan *skala likert*. Skor pretest 53,06 dan posttest 71,08 sehingga terjadi peningkatan skor 18,02. Hal ini membuktikan layanan Bimbingan Kelompok Teknik *Self-Management* dapat meningkatkan kedisiplinan beribadah. Kesimpulan dalam penelitian ini ialah setelah menggunakan layanan bimbingan kelompok dengan teknik *self-management* para remaja mengalami perubahan dalam hal kedisiplinan beribadah mulanya para remaja sangat mudah meninggalkan ibadah dan menunda ibadah setelah diberikan perlakuan para remaja tidak meninggalkan ibadah dan beribadah diawal waktu. Saran, sebaiknya agar kedisiplinan beribadah pada remaja dapat ditingkatkan melalui layanan bimbingan kelompok dengan menggunakan teknik *self-management*.

ABSTRACT

Aditya, Wahyu. 2021. *The Effect of Self-Management Technique Group Guidance Services on Youth Worship Discipline in Banjarrejo Village 38b Batanghari, East Lampung*. Essay. Department of Educational Sciences. Guidance and Counseling Study Program. FKIP Muhammadiyah Metro University. Supervisor (I) Prof. Dr. H. Marzuki Noor, M.S. (II) Agus Wibowo M.Pd.

Keywords: Group Guidance, Self-Management Techniques, Worship Discipline.

Teenagers need roles from themselves, their families and an environment that supports their growth and development, to be able to develop the potential that exists in each teenager. Guidance and counseling services can be carried out by counselors to facilitate adolescents in actualizing self-understanding optimally. The formulation of the problem in this study is the influence of Self-Management Technique Group Guidance Services on Youth Worship Discipline in Banjarrejo 38b Batanghari Village, East Lampung. The

purpose of this study was to find out the Positive Effect of Self-Management Technique Group Guidance Services on Youth Worship Discipline in Banjarrejo 38b Village, Batanghari, East Lampung. The research method used is experimental quantitative. The design used in this study is a quasi-experiment with the One Group Pretest-Posttest Design method (One Group Pretest-Posttest). The research population was 20 adolescents and the research sample was 7 adolescents using purposive sampling. The data collection instrument was a questionnaire with a Likert scale. The pretest score was 53.06 and the posttest was 71.08 so that there was an increase of 18.02. This proves that the Self-Management Technique Group Guidance service can improve worship discipline. The conclusion in this study is that after using group guidance services with self-management techniques, the teenagers experienced changes in terms of worship discipline. Initially, the teenagers were very easy to leave worship and delay worship after being given treatment the teenagers did not leave worship and worship at the beginning of time. Suggestions, it is better that the discipline of worship in adolescents can be improved through group guidance services using self-management techniques.