**ABSTRAK**

**PENGARUH KONSELING KELOMPOK TEKNIK *RATIONAL EMOTIVE BEHAVIOR THERAPY* TERHADAP PENGENDALIAN EMOSI**

**NEGATIF SISWA KORBAN *BULLYING* DI**

**SMP RK DELI MURNI DELI TUA**

**TAHUN AJARAN 2020/2021**

**KIKI EKA CAHYANI**

Rumusan masalah dari penelitian ini adalah: “Apakah Ada Pengaruh Layanan Konseling Kelompok Teknik *Rational Emotive Behavior Therapy* terhadap Pengendalian Emosi Negatif Siswa Korban *Bullying* di SMP RK Deli Murni Deli Tua Tahun Ajaran 2020/2021?”. Sedangkan tujuan dari penelitian ini untuk mengatasi pengendalian emosi negatif siswa korban *bullying* di SMP RK Deli Murni Deli Tua Tahun Ajaran 2020/2021.

Dari hasil observasi dan wawancara di SMP RK Deli Murni Deli Tua bahwa ada siswa yang mengalami *bullying* dengan berbagai macam respon emosi negatif yang di milikinya. Maka dari itu peneliti menggunakan salah satu layanan yang ada dalam bimbingan konseling yaitu konseling kelompok dengan teknik *rational emotive behavior therapy* guna mereduksi emosi negatif yang di miliki oleh korban *bullying*. Populasi yang di gunakan dalam penelitian ini yaitu seluruh kelas VII yang berjumlah 110 siswa. Penetapan sampel penelitian berjumlah 10 siswa dengan menggunakan teknik *purposive sampling*. Pengumpulan data yang di gunakan dalam penelitian ini adalah angket (kuesioner) dengan desain penelitian Eksperimen Semu (Quasi Eksperimen). Berdasarkan pengelolaan data yang di lakukan nilai rata-rata *pre-test* = 133,9 dengan standart devisi = 8,258 sedangkan nilai rata-rata *post-test* = 120,6 dengan standart devisi = 7,486. Berdasarkan data tersebut dapat di simpulkan bahwa terdapat perubahan emosi negatif siswa korban *bullying* kelas VII sebesar 94% di SMP RK Deli Murni Deli Tua Tahun Ajaran 2020/2021.

**Kata Kunci:** Konseling Kelompok, *Rational Emotive Behavior Therapy*, Emosi

Negatif Korban *Bullying*

**ABSTRACT**

**THE EFFECT OF RATIONAL EMOTIVE BEHAVIOR THERAPY TECHNIQUE TECHNIQUE COUNSELING ON NEGATIVE**

**EMOTION CONTROL OF STUDENTS VICTIMS OF**

**BULLYING AT RK DELI MURNI DELI SMP**

**IN THE ACADEMIC YEAR 2020/2021**

**KIKI EKA CAHYANI**

*The formulation of the problem from this research is: "Is there any influence of the Rational Emotive Behavior Therapy Technique Group Counseling Service on the Negative Emotion Control of Bullying Victims at RK Deli Mumi Deli Tua Middle School for the 2020/2021 Academic Year?" While the purpose of this study was to overcome the negative emotional control of students who were victims of bullying at SMP RK Deli Mumi Deli Tua for the 2020/2021 Academic Year.*

*And the results of observations and interviews at SMP RK Deli Mumi Deli Tua that there are students who experience bullying with various kinds of negative emotional responses that they have. Therefore, the researcher uses one of the services in counseling guidance, namely group counseling with rational emotive behavior therapy techniques in order to reduce the negative emotions possessed by victims of bullying. The population used in this study was all class VII, which amounted to 110 students. Determination of the research sample amounted to 10 students using purposive sampling technique. The data collection used in this study was a questionnaire (questionnaire) with a Quasi Experimental (Quasi Experiment) research design. Based on the data management, the average value of the pre-test was -133.9 with a standard deviation of = 8.258 while the average value of the post-test = 120.6 with a standard deviation of 7.486. Based on these data, it can be concluded that there is a change in the negative emotions of students who are victims of class VII bullying as big as 94% at SMP RK Deli Mumi Deli Tua for the 2020/2021 academic year.*

***Keywords:*** *Group Counseling, Rational Emotive Behavior Therapy, Negative Emotions of Bullying Victims*