

ABSTRACT

Maulana Hamim Nurdin.2024. Effectiveness of Rational Emotive Behavior Counseling Assertive Training Techniques to Improve Self Esteem in Broken Home Students. Thesis, Guidance and Counseling. Faculty of Teacher Training and Education, Darul Ulum University, Jombang. Supervisor (1) Prof. Dr. H. Tadjoeer Ridjal. (2) Vishnu Kurniawan M.Pd.

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Self-esteem is a state or condition of oneself that can be caused by certain aspects and factors that cause self-esteem to have levels, namely high and low. Then, to increase low self-esteem, rational emotive behavior counseling, assertive training techniques that are appropriate to student characteristics are needed. The aim of this research is to find out whether rational emotive behavior counseling, assertive training techniques are effective in increasing self-esteem in broken home students.

The method used in this research is quantitative with a One Group Prettest Posttest Design. This research uses a research questionnaire with a Likert scale measurement scale which has been corrected by the validator, then validity and reliability tests are carried out. The subjects of this research were grades VIII and IX of junior high school. Then the number of samples taken was 9 students with the collection technique using purposive sampling technique. Data analysis used the Wilcoxon test using SPSS 26 for Windows.

The results of rational emotive behavior counseling, assertive training techniques, are effective in increasing the self-esteem of students at SMPN 1 Ploso Jombang. The hypothesis H_a is accepted, H_o is rejected, can be proven from data analysis using the Wilcoxon test with the Sig value known. (2-tailed) is $0.008 < 0.05$, so it can be concluded that H_o is rejected and H_a is accepted. This means that there is a difference in students' self-esteem before the treatment (pretest) with an average of 81.33 and posttest with an average of 103.56.