

## ABSTRACT

Tyas, Sukma Wahyuning. *Effectiveness of Group Counseling Through Emotional Freedom Techniques to Increase Self Love of Madrasah Aliyah Students*. Thesis, Faculty of Teacher Training and Education, Guidance and Counseling Study Program, Darul 'Ulum University Jombang. Supervisor (1) Dra. Hj Miftahul Djanah, M.Pd.I (2) Agus Rizal, S.Sos., M.Pd.

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Self love or self-love means a state where a person is able to take responsibility for himself and also accept whatever his circumstances are so that he always behaves positively and can maximize the potential that exists in him without dropping others. Group counseling emotional freedom technique is an effective and efficient technique by combining acupuncture and also several techniques in behavioral approaches such as cognitive restructuring and systematic desensitization which are effectively used to overcome various psychological problems of a person.

The design form used in this research is nonequivalent control group design. Which was then analyzed using the t-test. The population in this study were students of class XI IPS and XI IPA Madrasah Aliyah Bahrul 'Ulum as many as 48 students. Samples used were 10 students who were divided into 5 experimental groups and 5 control groups of each student.

Based on the results of data analysis using the t-test, the results showed that the experimental group was better than the control group. The control group that was not given perlakuan had an average of 70. While the experimental group obtained an average of 79.4. The results of the emotional freedom technique group counseling hypothesis  $H_a$  is accepted and  $H_0$  is rejected, it can be proven from data analysis using the t-test with the results of the sig value (2-tailed) below 0.05, namely 0.000 for the experimental class and 0.002 for the control class, it can be concluded that  $H_0$  is rejected and  $H_a$  is accepted. This means that there is a difference in students' self love before treatment and after treatment.