ABSTRACT

Faidah, Amanda, Effectiveness of Group Counseling Services Self Management Techniques to Reduce Social Media Addiction in Students, Thesis, Faculty of Teacher Training and Education, Guidance and Counseling Study Program, Darul 'Ulum University, Jombang. Supervisor: (I) Siti Arifah, M.Psi. (II) Wisnu Kurniawan, M.Pd.

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Social media addiction is a condition where individuals feel that the social media on their cellphone screen or computer screen is more interesting than real everyday life. Self-management techniques originating from the behavioral approach always try to change human behavior directly and are demonstrated by the methods that will be used. The aim of this research is to determine the effectiveness of self-management technique group counseling to reduce social media addiction in students.

This research is a type of experimental research with the research design used is one group. Research subjects were selected using purposive sampling. The sample used was 8 students. The data collection instrument in this research was a social media addiction scale consisting of 50 question items whose validity was tested on 30 respondents. From the results of the validity test, it was determined that if the value of rcount > rtable, then 33 items were declared valid with rtable = 0.36. The reliability calculation result is 0.924, greater than 0.60 (0.924 > 0.60), meaning that the social media addiction scale can be used to collect the data needed in this research.

The research results show that the implementation of self-management technique group counseling is effective in reducing social media addiction in students. This is proven by calculating the Wilcoxon test to obtain a negative rank value with an average (mean rank) of 4.50. Then it is confirmed with a sig (2-tailed) value of 0.012 which is smaller than 0.05 (0.012 < 0.05), meaning there is a significant (real) difference between the pre-test and post-test results.

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