

ABSTRACT

Nur Sa'adah 2025 Effectiveness of behavioral group counseling in improving self-control of students at Mojoagung State Vocational High School. Supervisors: (1) Dra. Miftahul Djannah, M.Pd.I. (2) Dr. Bakhrudin All Habsy, M.Pd.

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Self-control is a person's ability to understand their own situation and environment, as well as the skills to manage and control behavior according to the situation and conditions. Self-control is needed so that individuals can guide, direct, and regulate aspects of their behavior that ultimately lead to desired positive consequences. However, if an individual's self-control is low, negative behavior will occur. Conversely, if self-control is high, positive behavior will be achieved.

The research method used in this study is a quantitative approach with a one-group pretest-posttest design. This researcher used a research questionnaire with a likert scale measurement scale that was tested by experts. Furthermore, testing was carried out on the validity and reliability of the instrument. The subjects of this study were students of class X - MP1. The sample in this study consisted of eight students who showed a low level of self-control. using purposive sampling techniques. Data analysis used normality tests, homogeneity tests, and t-tests using SPSS 22 for Windows.

The findings of this study reveal that group counseling services with a behavioral approach through modeling techniques have been proven to have an effective effect in improving students' self-control abilities at Mojoagung State Vocational School. This can be proven by analyzing Paired Samples Test data with ($\text{sig} < 0.05$) which is indicated by a significant value (2-tailed) of $0.000 < 0.05$, so H_0 is rejected and H_a is accepted, so it can be concluded that there is an average difference between the pretest and posttest results, which means that group counseling with a behavioral approach is able to improve students' self-control abilities at Vocational Schools.