

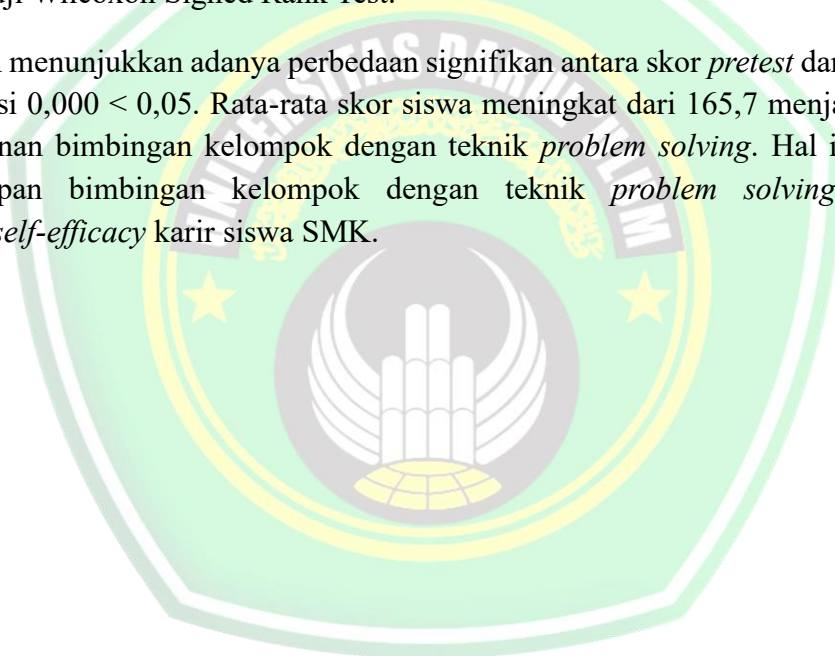
ABSTRAK

Muhammad Sidik Firdaus Ridwan 2025, Penerapan Bimbingan Kelompok Dengan Teknik *Problem Solving* Untuk Meningkatkan *Self Efficacy* Karir Pada Siswa SMK. Bimbingan dan Konseling Fakultas Keguruan dan Ilmu Pendidikan Universitas Darul 'Ulum Jombang. Pembimbing (1) Dr. Ely Roy Madoni., M.Pd. Kons (2) Dr. Bakhruddin All Habsy, M.Pd.

Kata Kunci : Bimbingan Kelompok, Problem Solving, *Self Efficacy*, Karir, Siswa SMK

Penelitian ini bertujuan untuk mengetahui keefektifan penerapan bimbingan kelompok dengan teknik *problem solving* dalam meningkatkan *self-efficacy* karir pada siswa SMK. Penelitian menggunakan pendekatan kuantitatif dengan rancangan eksperimen *one group pretest-posttest design*. Subjek penelitian adalah 33 siswa kelas XII SMK Negeri 1 Trowulan Tahun Pelajaran 2024/2025 yang ditentukan melalui teknik *stratified random sampling*. Instrumen penelitian berupa angket *self-efficacy* karir yang telah diuji validitas dan reliabilitasnya. Analisis data menggunakan uji Wilcoxon Signed Rank Test.

Hasil penelitian menunjukkan adanya perbedaan signifikan antara skor *pretest* dan *posttest* dengan nilai signifikansi $0,000 < 0,05$. Rata-rata skor siswa meningkat dari 165,7 menjadi 177,8 setelah mengikuti layanan bimbingan kelompok dengan teknik *problem solving*. Hal ini membuktikan bahwa penerapan bimbingan kelompok dengan teknik *problem solving* efektif dalam meningkatkan *self-efficacy* karir siswa SMK.



ABSTRACT

Muhammad Sidik Firdaus Ridwan. 2025. *The Implementation of Group Guidance with Problem-Solving Technique to Improve Career Self-Efficacy of Vocational High School Students*. Guidance and Counseling Study Program, Faculty of Teacher Training and Education, Darul 'Ulum University Jombang. Advisors: (1) Dr. Ely Roy Madoni, M.Pd., Kons., (2) Dr. Bakhruddin All Habsy, M.Pd.

Keywords: Group guidance, problem-solving technique, career self-efficacy, vocational high school students

This study aims to examine the effectiveness of group guidance using the *problem-solving* technique in improving career self-efficacy among vocational high school students. The research employed a quantitative approach with a one-group pretest-posttest design. The subjects of the study were 33 twelfth-grade students of SMKN 1 Trowulan in the academic year 2024/2025, selected through stratified random sampling. The research instrument was a career self-efficacy questionnaire that had been tested for validity and reliability. Data analysis was conducted using the Wilcoxon Signed Rank Test.

The results revealed a significant difference between pretest and posttest scores, with a significance value of $0.000 < 0.05$. The students' mean score increased from 165.7 to 177.8 after participating in group guidance using the problem-solving technique. This indicates that the implementation of group guidance with the problem-solving technique is effective in enhancing students' career self-efficacy.