

ABSTRACT

Anam Nur Sofa, 2023. The Effectiveness of Solution-Focused Brief Counseling to Improve Academic Self-Concept of Class X Vocational High School Students. Thesis, Faculty of Teacher Training and Education, Guidance and Counseling Study Program, Darul Ulum University, Jombang. Advisor: (I). Prof. Dr. Tadjoe Ridjal, M.Pd (II) Agus Rizal, S.Sos. M.Pd

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Low academic self-concept can be due to comparisons with peers who are superior or smarter. Comparisons made by students themselves can produce declining academic self-concepts. This study has the following objectives: to see the effectiveness of brief counseling focused on solutions with the miracle question technique on improving students' academic self-concept.

This study used a quantitative experimental method with a one-group pretest-posttest design to assess the effectiveness of short, solution-focused counseling to improve students' academic self-concept. Calculation of the average academic self-concept score before being given a brief counseling service focused on solutions to the miracle question technique is still relatively low, namely with a score of 5214 and an average value of 144.8. And after being given short counseling sessions focused on solutions with the miracle question technique, it experienced a fairly good increase, namely with a score of 5601 with an average value or mean of 155.6. From the Wilcoxon test using the SPSS application it was found that if the significance value is <0.05 then the hypothesis is accepted, so from the test data above it shows that the significance value is 0.005 so the hypothesis is accepted. It can be concluded that brief counseling focused on solutions with the miracle question technique is effective in improving the academic self-concept of class X SMK students.