

## ABSTRACT

Agustin, Reza Setya, Effectiveness of Group Counseling using *Expressive writing* Techniques to Improve Students' Ability to Manage Angry Emotions. Thesis, Faculty of Teacher Training and Education, Guidance and Counseling Study Program, Darul 'Ulum University, Jombang. Supervisor: (I) Dra. Hj. Rohana Maryam, M.Pd.I (II) Dr. Ely Roy Madoni, M.Pd., Kons.

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Adolescence is a transitional phase characterized by changes in physical, mental, and social aspects. These changes often affect mood and emotional responses among adolescents. This study highlights the importance of adolescents' ability to manage emotions, particularly anger, in achieving good mental health and conflict resolution skills. An initial survey at SMK PGRI 2 Jombang revealed that some students displayed poor anger management, leading to conflicts among classmates and communication difficulties. Therefore, this research aims to assess the effectiveness of group counseling using expressive writing techniques to enhance students' anger management skills.

The study employs a quasi-experimental design with a non-equivalent control group. The sample consists of 12 students from class X TPM 3, with 6 students in the experimental group and 6 in the control group. The experimental group received group counseling with expressive writing techniques, while the control group continued their usual learning activities. Data were collected through pretest and posttest questionnaires measuring anger management skills.

The results showed a significant improvement in anger management skills in the experimental group compared to the control group, with a t-value of 4.464 and  $p < 0.05$ . The expressive writing technique proved effective in helping students express and manage their emotions. The questionnaire's validity was tested, and 28 out of 50 items were deemed valid, ensuring the reliability of the measurement instrument.

The study's implications include the development of more effective counseling programs in schools, the use of expressive writing techniques by counselors, and training for guidance counselors in applying this method. Although the study has some limitations, such as its non-experimental design and small sample size, its contribution to understanding the effectiveness of expressive writing techniques in managing anger among adolescents remains highly valuable.