

ABSTRACT

Maulida Maghfiroh. 2024. Effectiveness of Cognitive Behavioral Counselling in Addressing the Impact of Online Game Addiction Students. Faculty of Education, University of Darul Ulum Jombang. Guide (1) Dr.Bakhrudin All Habsy, M.Pd. (2) Wisnu Kurniawan M. Pd.

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Online gaming addiction is a strong feeling that arises as a result of excessive use of video games that has a negative impact on everyday life, including school lessons, social relationships, and emotional life. Then in dealing with the high impact of online gaming addiction, cognitive behavioral counselling is required that matches the characteristics of the student. The aim of this study is to find out whether cognitive behavioral counselling is effective in addressing the impact of online gaming addiction of SMK students.

The method used in this research is quantitative with One Group Prettest Posttest Design. The study uses a research lift with a likert scale measurement scale that has been corrected by the validator, then validity and realisticity tests are carried out. Subject of this study is Class XI SMK. Then the number of samples taken is 7 students with purposive sampling techniques. The data was analyzed using normality tests, homogeneity tests and t tests using the help of SPSS for windows.

The results of the study of students of SMK NU 01 Jogoroto with cognitive behavioral counselling can be proved by data analysis paired sample T-test, with results $T_{hitung} 28.267 > T_{table} 2.447$ (sig <0.05) which means that there is a difference prettest and posttest online game addiction. Before doing a treatment (prettest) with an average of 828 then given the treatment (posttest) get an average score of 552.

