

ABSTRACT

Rokhmatin, Dwi, 2025, Effectiveness of Cognitive Behavior Counseling to Improve Social Interaction in Students. Thesis, Faculty of Teacher Training and Education. Guidance and Counseling Departement, University of Darul 'Ulum Jombang. Advisors: (I) Dr. Bakhrudin All Habsy, M.Pd, (II) Wisnu Kurniawan, M.Pd.

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Social interaction is a relationship carried out by individuals between individuals or with groups that are interconnected and form reciprocal relationships. However, the reality is that students have low social interaction. This low social interaction is caused by students playing gadgets which ultimately affects children's social interactions with their immediate environment. One approach that can be taken is by conducting counseling. Cognitive behavior counseling is one of the counseling that can improve students' social interaction. Cognitive Behavior is an approach or therapy that focuses on training how to think (cognitive) and training how to act (behavior).

This study aims to determine the effectiveness of Cognitive Behavior Counseling on improving students' social interaction. Based on these objectives, this study uses the True Experimental Design Design type of research with the Design used in this study is the Pre Test - Post Test Control Group Design. The research instrument used is a social interaction questionnaire which functions to collect data and a guidance and counseling service plan instrument that functions as a research intervention. Based on the results of the analysis, it can be seen that there was an increase in social interaction experienced by members of the experimental and control groups. In the Group Statistics output, it can be seen that the mean posttest value in the experimental group is 96.83, which is greater than the control group of 91.83. Furthermore, the results of the analysis using the Independent Sample T Test on the output of the independent sample test, obtained Sig. (2-tailed) of 0.531. Because the Asymp. Sig. (2-tailed) value is greater than the real level ($\alpha / 2 = 0.05$), thus H1 is accepted and Ho is rejected, it can be concluded that cognitive behavior counseling can improve students' social interactions.

Suggestions that can be conveyed in this study are that Cognitive Behavior Counseling can be implemented by teachers or counselors to improve students' social interactions, this is based on the results of the analysis that Cognitive Behavior Counseling is effective in improving students' social interactions.