

## ABSTRACT

Amiaty, Putri Luluk, *The Effectiveness of Cognitive Behavioral Group Counseling in Improving Emotional Management Among High School Students*. Thesis, Faculty of Teacher Training and Education, Guidance and Counseling Program, Darul 'Ulum University, Jombang. Advisors: (I) Agus Rizal, S.Sos., M.Pd (II) Wisnu Kurniawan, M.Pd.

Keywords: Emotional management, group counseling, cognitive behavioral, high school students.

Emotional management is an important skill in facing various academic, social, and personal challenges that students must possess. The ability to manage emotions impacts an individual's capacity to control themselves, build social relationships, and adapt to environmental pressures. Group counseling using a cognitive-behavioral approach is one intervention aimed at transforming irrational thought patterns and maladaptive behaviors into more positive and constructive ones. Through the interaction process within the group, students can learn to understand the emotions they are feeling, evaluate their responses to specific situations, and improve their skills in dealing with pressure in a rational and more focused manner.

This study used a quantitative method with a pre-experimental One Group Pretest-Posttest Design. The research subjects consisted of 7 students selected through purposive sampling from two 11th-grade classes at Mojoagung State High School. The instrument used was an emotion management questionnaire based on Thompson's theory, which had undergone validity and reliability testing. Out of 52 initial statements, 33 were deemed valid with a calculated  $r$  value  $>$  table  $r$  (0.367) and reliable with a Cronbach's Alpha value of 0.877.

The results of this study indicate that cognitive behavioral group counseling can bring about positive changes in emotional management among high school students. Data analysis shows a significant difference between the conditions before and after the intervention was administered to the students. The average score increased from 80.57 to 101.14. The significance value was 0.001 ( $<0.05$ ). This proves that group counseling with a cognitive behavioral approach is effective in helping students manage their emotions in a healthier and more adaptive way.