

ABSTRACT

Ramadhani, Syifa Ul Afida. 182386201017. *The Effectiveness of Group Counseling with Rational Emotive Imagery Techniques in Reducing Self Injury Behavior in High School Students*. Thesis, Faculty of Teacher Training and Education, Guidance and Counseling Study Program, Darul 'Ulum University, Jombang. Advisor: (I) Dra. Miftahul Djanah M.Pd.I (II) Dr. Ely Roy Madoni M.Pd., Kons.

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Students who enter high school education are those who belong to the adolescent age category. Entering the teenage years of students is not always accompanied by success in managing thoughts and emotions, but accompanied by failures which can ultimately result in students experiencing stress, anxiety, depression and so on. So that from this it can finally result in students carrying out behaviors that are detrimental to themselves as a form of coping that is carried out, while the form of behavior is self-injury. Adolescence is commonly known as a period of life where emotions are very prominent. There are many ways for someone to channel their emotions, the distribution can be done in a positive way, it can also be in a negative way. Self-injury is one way of channeling negative emotions.

From the description above, the formulation of the problem in this study are: 1). Is there any effectiveness of the Rational Emotive Imagery Technique in reducing self-injury behavior in high school students? 2). How is the application of Rational Emotive Imagery Techniques in reducing self-injury behavior in high school students?. The purpose of this research are 1). To find out if there is any effectiveness of the Rational Emotive Imagery Technique in reducing self-injury behavior in high school students 2). To find out the application of Rational Emotive Imagery Techniques in reducing self-injury behavior in high school students.

The design of this study used a quantitative approach to the pre-experimental type with a one group pretest posttest design. This type of sampling uses non-random sampling, with the sampling technique using purposive sampling. The sample in this study were 16 students in the experimental group who tended to engage in self-injury behavior. Statistical analysis of the data used in this study is non-parametric statistics. The research instrument used a self-injury behavior tendency scale that met the research instrument requirements, using a Likert scale model, then data were analyzed using the Wilcoxon Signed Rank Test. The results of the study show that: a) There is a significant difference between the tendency of self-injury behavior in students before and after being given treatment using the REBT approach with the theory of rational emotive imagery setting groups. b) The posttest score is lower than the pretest score. c) This illustrates that there is a significant reduction in the tendency of self-injury behavior that students have before and after being given treatment using rational emotive imagery.