

## ABSTRACT

Andriya Novita Sari, *The Effectiveness of Reality Counseling to Improve the 3R Behavior (responsibility, right dan reality) to class X MA Al Falah Kesamben Jombang*. Thesis, Faculty of Teacher Training and Education, Guidance and Counseling Study Program, DarulUlum University, Jombang. Advisors: (1) Dr. Bakhrudin All Habsy, M.Pd (II) Siti Arifa, M.Psi.

Keywords : Reality Counseling, 3R Behavior (*responsibility, right dan reality*)

The 3R behavior (responsibility, right and reality) is a positive behavior that must exist in every individual, this 3R behavior aims to develop the behavior that exists in bullies so that they are able to become healthy individuals and not think negatively in every situation. Reality Counseling helps students to be able to solve problems faced by students today to achieve success in the future and in this case reality counseling does not focus on the student's past. Reality Counseling helps change the mindset of bullies and is able to understand himself to be more responsible in any case.

The research design used in this study is a quantitative approach, namely data collection techniques using research instruments, data analysis is quantitative or statistical in nature with the aim of testing the established hypotheses and the type of research, namely experiments with one group pretest and posttest designs and then analyzed using the t test . The population in this study were students of class X MA Al Falah Kesamben Jombang as many as 12 respondents from one class. The sample used was 8 students.

The instruments used in this study were the 3R behavior inventory (responsibility, right and reality) and reality counseling implementation guidelines. The 3 R behavior inventory (responsibility, right and reality) proposed by the researcher consisted of 20 items whose validity was tested on 12 respondents. From the results of the validity calculation it was determined that as many as 20 questions were declared valid. So it can be concluded that the 3R behavior inventory (responsibility, right and reality) can be used to capture the data needed in this study.

Based on the results of data analysis using the t-test, the results obtained were that the t-test using the SPSS version 23 program obtained tcount 10,738 at degrees of freedom (df) 24 then compared with ttable 0.05 = 2.144, then tcount  $\geq$  ttable(10,738  $\geq$  2,144) or the value sig.(2-tailed) is smaller than the critical value of 0.05 (0.000  $\leq$  0.05), this indicates that H0 is rejected and Ha is accepted. Thus it can be stated that reality counseling services are effective in increasing 3 R behavior (responsibility, reality, right) in perpetrators of bullying class X Madrasah Aliyah Al Falah Kesamben Jombang.