

ABSTRACT

Ainur Rif'a Cahyaning Amarvika.2023. *The effectiveness of rational emotive behavior counseling to improve self-management of MAN students*. Thesis, Guidance and Counseling. Faculty of Teacher Training and Education, Darul 'Ulum University Jombang. Supervisor (1) Dr.Bakhrudin All Habsy, M.Pd. (2) Wisnu Kurniawan M.Pd.

Keywords: Counseling Rational Emotive Behavior, Self-Management

Self-management is an individual's ability and drive to manage time in learning activities and activities outside of school, where self-management is influenced by metacognitive, motivational and motivational aspects. behavior. Then to improve low self-management, rational *emotif behavior* counseling is needed in accordance with student characteristics. The purpose of this study was to determine whether *rational emotive behavior* counseling is effective for improving self-management of MAN students.

The method used in this study is quantitative with the *design of One Group Prettest Posttest Desaign*. This study used a research questionnaire with a *Likert* scale measurement scale that had been corrected by validators, then validity and reality tests were carried out. The subjects of this study were class X MIA. Then the number of samples taken was 20 students with a sampling technique using *purposive sampling* techniques. The data analysis uses normality test, homogeneity test and t test using the help of SPSS 23 *for windows*.

The results of the research of MAN 4 Jombang students with *rational emotive behavior counseling* can be proven by data analysis paired *sample T-test*, with the results of $T_{\text{count}} 18,304 > T_{\text{table}} 2,101$ (sig <0.05) which means that there is Differences in *Prettest* and *Posttest* Self-Management. Before the treatment, the *prettest* value with an average result of 45.6 was then given treatment (*posttest*) getting the average result to 74.3.