

Gunawan, Ade. 2019. “Efektivitas Layanan Konseling Kelompok dengan Teknik Pendekatan SFBT (*Solution Focus Brief Therapy*) terhadap Pemahaman Perencanaan Karir Siswa Kelas XII di SMK 17 Seyegan”. Tugas Akhir. Program Studi Bimbingan dan Konseling. Fakultas Humaniora, Pendidikan dan Pariwisata. Universitas Teknologi Yogyakarta. Pembimbing Ulfa Amalia, S.Psi.,MA

ABSTRAK

Penelitian ini dilatar belakangi oleh adanya pemahaman perencanaan karir siswa rendah kelas XII di SMK 17 Seyegan. Penelitian ini dilaksanakan dengan tujuan untuk mengetahui efektivitas layanan konseling kelompok dengan teknik pendekatan SFBT (*Solution Focus Brief Therapy*) terhadap pemahaman perencanaan karir siswa .

Penelitian ini merupakan penelitian eksperimen dengan pendekatan penelitian kuantitatif, desain yang digunakan adalah *pretest posttest control group design*. Subjek penelitian ini adalah siswa-siswi kelas XII di SMK 17 Seyegan. Dengan sampel sebanyak 20 siswa dari jumlah populasi 48 siswa. Instrumen pengumpulan data yang digunakan dalam penelitian ini adalah pedoman observasi, dan angket tertutup yang dibuat dalam bentuk skala *likert* mengenai pemahaman perencanaan karir.

Teknik analisis data pada penelitian ini menggunakan *SPPS.20* untuk uji validitas, reliabilitas dan uji hipotesis. Pengujian hipotesis penelitian menggunakan teknik analisis analisis uji Independen T-Test menunjukkan bahwa Sig. (2-tailed) $0,000 < 0,05$ dan nilai t_{hitung} sebesar 5.59 . Maka H_a diterima karena $t_{hitung} (5.59) > t_{tabel} (1.96)$ artinya terdapat perbedaan pemahaman siswa yang signifikan antara kelompok eksperimen dan kelompok kontrol. Hal ini dapat diartikan bahwa layanan konseling kelompok dengan teknik pendekatan SFBT (*Solution Focus Brief Therapy*) efektif terhadap pemahaman perencanaan karir siswa kelas XII di SMK 17 Seyegan . Dan dapat disimpulkan bahwa layanan konseling kelompok dengan teknik pendekatan SFBT (*Solution Focus Brief Therapy*) terhadap pemahaman perencanaan karir siswa dapat digunakan sebagai suatu upaya dalam pemahaman perencanaan karir siswa .

Kata Kunci : *Konseling Kelompok, teknik SFBT (Solution Focus Brief Therapy) Pemahaman Perencanaan Karir*

Gunawan,Ade 2019. *Effectiveness of service group counseling by applying SFBT (Solution Focus Brief Therapy) technique towards the understanding of the formal career planning of grade XII students of SMK17 Seyegan. A final paper. Guidance and Counseling. Faculty of Humanities, Education and Tourism. University of Technology Yogyakarta. Adviser Ulfa Amalia, S.Psi.,MA*

ABSTRACT

This research was based on the low shared understanding on formal career planning among grade XII students of 17 Seyegan vocational senior high school. This study was conducted to find out the effectiveness of service group counseling by applying SFBT (Solution Focus Brief Therapy) technique towards the understanding of the students' formal career planning.

This is an experimental quantitative research. The design used is pretest post-test controlled group design. The subjects of study is grade XII students of SMK 17 Seyegan. The samples were 20 out of 48 students as the total population. The data collecting instruments used in this research were observation guidelines and closed questionnaire made into Likert scales on career planning understanding.

Data analysis technique of this research uses SPSS.20 on validity, reliability and hypothesis tests. The hypotheses tests of the research use analysis technique of independent trials t-test analysis of which the results showed that sig (2-tailed) means $0,000 < 0.05$ and value t_{count} of 5.59. Then H_a is accepted because $t_{\text{count}} (5.59) > t_{\text{table}} (1.96)$. It means that there is a significant difference of student understanding between the experimental group and the controlled group. This can be interpreted that the group counseling service with SFBT approach technique (Solution Focus Brief Therapy) is effective on understanding the career planning of grade XII students at Vocational High School 17 Seyegan. It can be concluded that group counseling services using SFBT approach (Solution Focus Brief Therapy) on students career planning understanding can be used as an effort to understand student career planning.

Key words: *Counseling Group, SFBT Technique (Solution Focus Brief Therapy)
Career Planning Understanding*