

ABSTRACT

Aruni, SayyidahNur. 2017. Groups Guidance Service Using Macromedia Flash to improve self control use of Smartphones in the Grade XI in SMA N 1 Kasihan 2017/2018 school year. Research. Department of guidance and counseling. Faculty Of Education. UniversityTechnology of Yogyakarta. Supervising Erlin Fitria, M. Pd.

This research is conducted based on the problems that exist in grade XI SMA N 1 Kasihan which indicates a low level of self-control of smartphone usage. The purpose of this research is to know how the groups guidance service using macromedia flash can increase self control smartphone usage in student of class XI in SMA N 1 Kasihan.

The type of research used in classroom action research with two action cycles. The subjects in this study are 8 students who have the lowest self-control smartphone use. Data collection techniques used are observations and questionnaires. While the data analysis technique used is t-test.

The result showed that self-control of smartphone use before being given an action resulted in an average score of 45,4% with low category and after being given an increased action with an average score of 65,2% with medium category. The result of t test is a significance value of $0,000 < 0,05$ so it can be concluded that H_0 is rejected while H_a is accepted. it means there is increased self-control of smartphone use through the guidance services group assisted macromedia flash on students of class XI SMA N 1 Kasihan. The conclusion of this research is self control of smartphone usage of grade XI students of SMA N 1 Kasihan can be improved through group guidance using macromedia flash.

Keywords: *Self-Control, Smartphone, Group Guidance Service, Macromedia Flash*