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**Increaseself-Confidence with Group Counseling Interventions to Students of  
SMK X in Gresik**

**Nur Maulidya Rahmatania<sup>1</sup>, Nadhirotul Laily<sup>2</sup>**

**Faculty of Psychology, Universitas Muhammadiyah Gresik<sup>1,2</sup>**

**Email: nurmaulidyarahmatania@gmail.com<sup>1</sup>, nadhirotul.laily@umg.ac.id<sup>2</sup>**

**ABSTRACT**

Self-confidence is the belief that an individual has that he is able to behave as needed to obtain the expected results. Based on the results of interviews and observations on SMK X students, the results of this research phenomenon are related to self-confidence in SMK X students. In this study the existence of a phenomenon is that students must have the drive to increase self-confidence, because during this SMK period students are required to be able to increase their self-confidence because it is hoped that this SMK graduate will be able to compete in the world of work in the future with the skills that have been obtained when they are in school. The purpose of this study was to determine the increase in self-confidence with group counseling. This research is a quantitative study. The population in this study was 70 students and had a sample of 16 students on group counseling. The selection of subjects in this study used non-probability sampling techniques with purposive techniques. Data collection techniques use questionnaires and use likert scales. Data analysis in this study used Product Moment correlation with help of the SPSS program.

**Keywords:** Self-confidence, Group counseling, Vocational High School Students

**1. INTRODUCTION**

Adolescence is one of the times passed in every individual development. The period of adolescent development is a period in the development of the individual that is a period of reaching mental, emotional, social, physical maturity and a pattern of transition from childhood to adulthood (Hurlock, 1991; Malahayati 2010), thus giving rise to different ones between one teenager and another. Changes that occur in adolescence such as rapid growth both physically, psychically and socially cause many problems and challenges. One of the problems that many adolescents feel and experience is basically caused by lack of self-confidence (Rizkiyah, 2005).

According to the National Education System Law article 15 of the Ministry of National Education (2006: 8) it is stated that Vocational Education is secondary education that prepares students to work in certain fields. The main mission of Vocational High Schools (SMK) is to prepare students as prospective workers who have readiness to enter the world of work (Wulansari et al., 2019). The existence of SMK is required to meet the needs of the community, namely the needs of manpower. So that students are required to have professional skills and attitudes in their fields.

Research conducted by Amin on the relationship of self-confidence with self-adjustment in adolescents states that the influence of self-confidence with self-adjustment. The higher the self-confidence, the higher the self-adjustment, and vice versa. Self-confidence means an attitude or belief in one's own abilities, so that in action, not too anxious, feel free to do things according to the wishes and responsibilities of one's actions, polite in interacting with others,

have a drive of achievement and be able to know one's own strengths and weaknesses (Lauster in Syam & Amri, 2017) (Amen, 2018).

Research conducted by Alharbi (2022) on Nursing Students' Satisfaction and Self Confidence Levels After Their Simulation Experience. The study revealed overall, nursing students were satisfied and confident after their human patient simulation experience. There is a relationship between demographic characteristics, simulation design characteristics, and the context of simulation educational practice with student satisfaction and confidence (Alharbi, 2022).

The results of the interview that became a phenomenon in this study were the presence of students who had low self-confidence. Low self-confidence often occurs due to several factors which include, often comparing one's own abilities with others, seeing the physique of others better than himself. As for those who have a sense of trauma in the past. It is also supported by a pre-test on self-confidence to measure the level of confidence in students.

## 2. METHOD

This research uses a combination research method (mixed method), which is a combination of quantify editatif and qualitative research methods. The type of combination research used is Explanatory Design. In the first stage, the Pre-test is carried out to take and analyze quantitative data that has priority to answer research questions. The next stage, the qualitative data collection stage is carried out following the previous stage. Researchers generally interpret qualitative data to help explain the results presented in the quantitative phase. The subjects of the study were students of SMK X class XI in all majors, namely culinary, fashion, beauty, and RPL. The number involved was 62 students out of a total population of 70 students

This research uses data collection techniques in the form of documentation, according to Arikunto, defining documentation is a technique for finding data to find variables in books, notes, transcripts, newspapers, magazines, photos, minutes, meetings, agendas, and so on.

## 3. RESULT AND DISCUSSION

Pre-test administration in all majors of class XI. A pre-test is a series or a test or test given to students at the beginning of a particular learning or activity. The provision of a pre-test using a self-confidence questionnaire is carried out to measure the level of self-confidence in students and students in order to apply the appropriate intervention, namely using group counseling. In the pre-test in class XI, there are the following number of students:

NO	DEPARTMENT	NUMBER OF STUDENTS
1	Fashion	12
2	Cullinary Art	35
3	Beauty & Skin Management	9
4	RPL (Software Engineering)	14
TOTAL		70

Then after the pre-test in class XI in all majors using categorization with SPSS there are the following results:

**Table 1.1 Fashion XI *pre-test* results**

		<b>CATEGORY</b>			
		Frequen cy	Percen t	Valid Percent	Cumulative Percent
Val id	LOW	4	33,3	33,3	33,3
	KEEP	2	16,7	16,7	50,0
	TALL	4	33,3	33,3	83,3
	VERY HIGH	2	16,7	16,7	100,0
	Total	12	100,0	100,0	

**Table 1.2 Tata Boga *pre-test* results**

		<b>CATEGORY</b>			
		Frequen cy	Percen t	Valid Percent	Cumulative Percent
Val id	VERY LOW	8	22,9	22,9	22,9
	LOW	6	17,1	17,1	40,0
	KEEP	17	48,6	48,6	88,6
	TALL	4	11,4	11,4	100,0
	Total	35	100,0	100,0	

**Table 1.3 Beauty Management *pre-test* results**

		<b>CATEGORY</b>			
		Frequen cy	Percen t	Valid Percent	Cumulative Percent
Val id	LOW	3	33,3	33,3	33,3
	KEEP	4	44,4	44,4	77,8
	VERY HIGH	2	22,2	22,2	100,0
	Total	9	100,0	100,0	

**Table 1.4 RPL *pre-test* results**

		<b>CATEGORY</b>			
		Frequen cy	Percen t	Valid Percent	Cumulative Percent
Val id	LOW	5	35,7	35,7	35,7

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KEEP	4	28,6	28,6	64,3
TALL	4	28,6	28,6	92,9
VERY HIGH	1	7,1	7,1	100,0
Total	14	100,0	100,0	

After doing several stages such as observation, conducting *pre-tests* and conducting group counseling with the application of assertive techniques and doing several tasks, then doing *post-tests*. Then do a post-test carried out per group according to their respective majors. After doing the post-test, there are the following results:

NO	SUBJEK	SKOR SEBELUM	SKOR SESUDAH	JURUSAN	KATEGORI
1	AL	87	109	TATA BUSANA	TINGGI
2	ARPE	84	104	TATA BUSANA	SEDANG
3	MS	85	108	TATA BUSANA	SEDANG
4	NS	85	124	TATA BUSANA	TINGGI
5	MAD	85	105	TATA BOGA	SEDANG
6	NA	87	98	TATA BOGA	SEDANG
7	SQW	83	82	TATA BOGA	RENDAH
8	SK	78	83	TATA BOGA	RENDAH
9	WTA	88	123	TATA BOGA	TINGGI
10	DYR	84	102	RPL	SEDANG
11	NAB	85	95	RPL	SEDANG
12	PAQJ	84	105	RPL	SEDANG
13	PKFS	87	94	RPL	SEDANG
14	DM	84	112	TATA KECANTIKAN	TINGGI
15	RDWP	85	102	TATA KECANTIKAN	SEDANG
16	SSF	87	109	TATA KECANTIKAN	TINGGI

**Comparison Test (T-Test)**

After conducting the pre-test and post-test, the T Test is then carried out, which is a comparison test carried out on the *pre-test* data and also *a post-test* which contains the following results:

**Test Statistics<sup>a</sup>**

	SKOR_POSTTEST - SKOR_PRETEST
With	-3,362 <sup>b</sup>
Asymp. Sig. (2-tailed)	,001
a. Wilcoxon Signed Ranks Test	
b. Based on negative ranks.	

From Z there is a value of -3.362 and an asymp.Sig. value (2-tailed) there is a value of .001 which is smaller than 5%(0.5) so the conclusion is that there is a difference after being given group intervention in an effort to increase self-confidence in SMK X students who have low self-confidence.

During this counseling session, there were some students who showed insecure behavior because of their physical condition. They feel inferior to their body shape and often compare themselves with others who are more than them, not only that one of the members of the Tata Boga group experiences bullying on themselves because of their physique. Even they feel

inferior because they are not beautiful and all they know is that they have shortcomings but no advantages in themselves because they think that they are ugly too much. Then they are also not confident because of the lack of support from their parents, they feel that they cannot develop themselves, the talents and interests they have because they are not supported by their parents, parents do not understand what they want because they attach importance to what their parents want.

Then the group members during the group counseling session felt inferior, disgusted with themselves because they had felt sexual harassment. She was very insecure for fear of feeling that she had been abused and felt that no man would want to be with her for having been sexually abused, she was very afraid to be approached by men because of her fear of being abused. When doing counseling sessions, they even cried when they told it because they didn't dare to tell anyone, including their family members. The sexual abuse was committed by the victim's own uncle when he was sick and was resting at home. Then he also feels insecure because he always compares himself with others who can be more than himself, he feels less able to solve a problem or task for fear if the results are not optimal.

Then there are also members who feel insecure because of the lack of parental figures who give them affection. He felt unconfident because he had experienced an incident where when his parents quarreled and then saw that his father almost wanted to kill his mother because of an economic problem. Then he felt unconfident about the incident he was afraid to associate with new people.

After being given group counseling and conducting pre-tests and post-tests, a comparison test was carried out which showed that there was a comparison

#### **4. CONCLUSION**

Based on the results of data analysis in this study and previous theories, it can be concluded that increasing self-confidence using assertive techniques with group counseling interventions is quite effective. So that self-confidence can be increased with group counseling efforts through the results of comparisons between pre-test and post-test.

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