



The Influence of Cognitive Behavior Therapy (CBT) Approach Group Counseling in Reducing Hedonistic Behavior in Students of SMK N 1 Koto Baru Dharmasraya

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ABSTRACT

This research was motivated by the high hedonistic lifestyle of students at SMK N 1 Koto Baru. This research aims to examine the effect of group counseling with a CBT approach to reduce hedonistic behavior. The type of research used in this research is quantitative with experimental methods. The research design used was a pre-experiment design with a design namely one group pre-test-post-test design. The data collection technique used was a non-test technique for hedonistic behavior with SPSS 22 program data analysis. The population in the study was 60 students with random sampling, namely 10 students from class XI TBSM SMK N 1 Koto Baru who had high hedonistic behavior. The research results show that group counseling with a CBT approach has a significant effect in reducing hedonistic behavior with a significance level of 5%, namely 2.262. It can be concluded by comparing the magnitude of t obtained to $t_{0.18,79} > t_{table} 2.262$, then as a reference or basis for decision making it can be concluded that the post-test results show a reduction in hedonistic behavior, which means that there is an influence of cognitive behavior therapy (CBT) group counseling in reducing behavior. hedonism among students at SMK N 1 Koto Baru Dharmasraya.

Keywords: Cognitive, Group Counseling, Hedonistic

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INTRODUCTION

The hedonistic lifestyle is a form of lifestyle that is known as a trend among teenagers today. The allure of a hedonistic lifestyle is certainly very attractive to teenagers so that new phenomena have emerged as a result of this understanding. With this phenomenon, teenagers tend to prefer a life that is luxurious, comfortable, and self-sufficient without having to work hard (Indriani & Nurmawati, 2023). A hedonic lifestyle is a lifestyle that directs one's activities towards seeking pleasure in life, such as spending more time outside the home, playing more, enjoying the hustle and bustle of the city, liking to buy expensive (branded) goods to fulfill one's desires, tends to be a follower of his lifestyle. and always want to be the center of attention (Mokoagow & Pateda, 2019). Meanwhile, Wahyuningsih in Ratuloli, (2023) revealed that the hedonistic lifestyle among teenagers today is caused by the influence of peer interactions, lack of control from parents who always make their children's wishes come true, and the growing influence of social media. Hedonistic behavior can have a negative influence on students. People who adopt a hedonistic lifestyle tend to be lazy people. Teenagers/students whose thoughts are only on having fun will become lazy and like to waste time studying at school. Apart from harming yourself, of course it also harms your friends around you as well (Jariyah & Mukraimin, 2023). Therefore, it is important to develop strategies to reduce unhealthy hedonistic behavior.

Lifestyles always change with the times. Increasingly modern life brings humans to unique behavioral patterns, which differentiate one individual from another in terms of lifestyle. For some people, lifestyle is important because it is considered a form of self-expression. Lifestyle is a reflection for each person of how much moral value that person has in the society around him.

From the results of research conducted by Jariyah & Mukraimin, (2023) it is stated that hedonism in teenagers is that when the lessons have started students are usually late for class because one of the factors is going to the cafe to hang out with their peers, there are also students Those who haven't finished their subjects want permission to go out to play with friends at a cafe to play games because these teenagers really follow existing trends, don't want to be left behind and don't want to look prestigious.

Apart from that, from the results of interviews conducted by researchers with guidance and counseling teachers at SMK N 1 Koto Baru Dharmasraya on May 25 2023, the researchers obtained information that there were students who had a hedonistic attitude. It was explained that the guidance and counseling teachers had students with the initials A has a hedonistic attitude, based on the information the researcher got from the guidance and counseling teacher, where the initials A prioritizes his lifestyle, such as always following the trend of buying iPhones, CRF motorbikes, but always being in arrears in paying tuition fees every month, apart from that, the student's academic performance has decreased. from the learning process.

From the interview above, the challenge faced in overcoming hedonistic behavior is the lack of individual awareness of the negative impacts caused by this

behavior. In addition, individuals who experience hedonistic behavior tend to find it difficult to change thought patterns and behavior that have been formed. Implementation of this group counseling can use the Cognitive Behavior Therapy approach. According to Mazidah et al., (2022), the CBT technique is counseling that emphasizes correcting distorted cognition resulting from events that are detrimental to oneself both physically and psychologically and looking more towards the future than the past. So it can be concluded that the counseling approach using the CBT technique is a counseling process that emphasizes correcting distorted cognition and events that are detrimental to oneself and looks more to the future than to the past. Based on the results of research conducted by Fauzi & Hayati, (2023) Group Counseling on Self Management Techniques and Reality Techniques to Reduce Hedonic Lifestyles. The research results show that group counseling can reduce hedonistic behavior.

One effort to reduce hedonistic behavior can be done through a CBT approach with group counseling services, because the CBT approach is the right approach to the problem of hedonism. And to make it easier to resolve these problems, CBT strategies are used and this is done through a group counseling process, where group counseling is the process of providing assistance to individuals in a group atmosphere and so that they can solve the problems they are facing themselves by developing their abilities optimally (Sabrina et al., 2023)

These problems certainly cannot be left alone, because they will affect teenagers' behavior in the future. Therefore, the role of the guidance and counseling teacher is very important because it is needed to direct, guide and accompany students in facing these problems at school. Group counseling has several counseling models or approaches, one of which is cognitive behavior therapy. According to Beck in Edmawati, (2020) stated that CBT counseling in group form is very suitable for students, because it is a guidance process with the aim of teaching clients to become therapists for themselves, and emphasizes prevention and healing. Cognitive Behavior Therapy emphasizes balancing therapeutic techniques that focus on individuals in making changes. The main focus in this therapy is not only in terms of therapy but also in terms of thoughts, beliefs and attitudes shown by the individual.

Cognitive Behavior Therapy has the view that an individual's thought patterns and beliefs will influence behavior and changes in this thinking will result in changes in behavior that are implemented in everyday life (Jeffrey F, 2005). This is used as a reference for counselors to change their way of thinking. The main goal to be achieved is that cognitive behavioral therapy is the way people think about their lives that influences their emotions and behavior. Cognitive behavior aims to help clients understand their thoughts and beliefs, understand the impact of their irrational thoughts into rational thinking, so that clients can improve their quality of life and happiness in life.

It can be concluded from the results of this research that someone who follows the trend of hedonism can influence their life, such as their environment and family. Based on the problems described above, the researcher felt it was important to examine

"The Effect of Cognitive Behavioral Therapy (CBT) Group Counseling Approach." "In Reducing Hedonistic Behavior in Students of SMK N 1 Koto Baru Dharmasraya".

RESEARCH METHODOLOGY

The type of research used in this research is quantitative using experimental methods (Hamdani, M. et al., 2019). The experimental method is a way of presenting learning material with students conducting their own experiments and giving students the opportunity to observe for themselves or do it themselves, follow a process, observe an object, analyze, prove and draw their own conclusions about an object, a situation or a process. Meanwhile, another opinion was put forward by (Roestiyah 2012). The experimental method is one of the many learning methods, because experimentation means learning to do something. In this case, the experimental method used by the author aims to find out and see the cognitive behavior therapy approach group counseling services for reducing hedonistic behavior of students at SMK N 1 Koto Baru Dharmasraya

The type of design used in this research is pre-experiment with one group pre-test-post-test type. Where in this design there is a pre test, namely before the treatment is carried out and a post test, namely after the treatment is given. This design aims to compare two data before and after treatment (Ismail, 2018). In this research, the author did this by examining one group, then distributing the pre-test (01) and carrying out treatment, namely by providing group counseling services, then distributing the post-test (02) to reveal the decrease in students' hedonistic behavior after being provided with cognitive approach group counseling services. behavior therapy. Then the author compared the influence of the cognitive behavior therapy approach group counseling service on reducing hedonistic behavior in students before and after being given treatment.

RESULT AND DISCUSSION

1. Analysis Requirements Testing

After the post-test results are obtained, we analyze the treatment data by carrying out statistical tests, namely using the t-test technique to see whether there is an effect of group counseling with the CBT approach in reducing hedonistic behavior. Before carrying out a statistical t-test, you must first understand that the conditions for using a t-test are that the data is normally distributed, the data must be homogeneous, and the data must use intervals or ratios. This research is in accordance with the t-test requirements, namely:

a. Data is normally distributed

Respondents totaled 10 people, using Shapiro-Wilk. Data will have a normal distribution if $p > 0.05$. The results of table 4.9 show sig. for hedonistic

behavior it has a value of 0.329. This shows that the pre-test and post-test data have a normal data distribution.

b. Homogeneous Data

The data in this research is homogeneous. This is proven by the homogeneity results achieved, namely 0.153. In determining the homogeneity of data greater than 0.05. Based on the SPSS 22 output, it is known that the significance value of the pre-test and post-test hedonism behavior variable is 0.153. This means the significance value is $0.153 > 0.05$, which means the pre-test and post-test data have homogeneous data.

1. Hypothesis Testing

If the Sig value. (2-tailed) < 0.05 , then there is a significant difference between the results of hedonistic behavior in the pretest and posttest data. If the Sig value. (2-tailed) > 0.05 , so there is no significant difference between hedonistic behavior in the pretest and posttest data. It is known that the Sig value. (2-tailed) is $0.000 < 0.05$, so the researcher can conclude that there is a real difference between hedonistic behavior in the pretest and posttest data. In statistical testing, the t-test can be concluded by comparing the magnitude of t obtained $t_0 (18.79) > t_t (2.262)$ at $df = 9$ at a significance level of 5%. Thus, the alternative hypothesis (H_a) is accepted and the null hypothesis (H_0) is rejected at the 5% significance level with df or db 9.

CONCLUSION

Based on the results of research at SMK N 1 Koto Baru Dharmasraya on class In statistical testing, the t-test can be concluded by comparing the magnitude of t obtained $t_0 (18.79) > t_t (2.262)$ at $df = 9$ with a significance level of 5%. Thus, the alternative hypothesis (H_a) is accepted and the null hypothesis (H_0) is rejected at a significance level of 5% with df or db 9. This can be seen from the results of the pre-test and after that the treatment was carried out 5 times. The treatment explained that there had been several changes in several aspects of hedonistic behavior at SMK N 1 Koto Baru Dharmasraya after conducting group counseling with a CBT approach. So it can be concluded that group counseling services using a CBT approach are effective in reducing hedonistic behavior at SMK N 1 Koto Baru Dharmasraya.

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