

The Effect of Group Counseling Body Image Cognitive Behavioral Therapy (BI-CBT) Approach toward Students in SMK which has A Negative Body Image.

ABSTRACT

This quasi experimental research aims to determine the effect of group counseling service with Body Image Cognitive Behavioral Therapy (BI-CBT) approach towards students at the eleventh grade in SMK Negeri 1 Babelan which have a negative body image. The samples of this research were students at the eleventh grade in SMK Negeri 1 Babelan; six students for treatment group and six students for control group. The samples were taken by using purposive sampling technique. The method was experimental method, with Quasi Experimental as the design and Nonequivalent Control Group Design as the design form. The data were collected by using MBSRQ Questionnaire and the data were analyzed by using Wilcoxon Sign Rank Test. The result of the test shows that value of $\text{sig.} = 0.028$ in treatment group it means the probability value is smaller than significant value $\alpha = 0.05$, it can be concluded the H_0 was rejected and H_1 was accepted. Analysis results can be interpreted that group counseling Body Image Cognitive Behavioral Therapy (BI-CBT) approach has effect toward the improvement of students body image at the eleventh grade in SMK N 1 Babelan. The students who have attended group counseling with Body Image Cognitive Behavioral Therapy (BI-CBT) approach could figure out himself and control the paradigm and feelings for the way of looking at himself and the others responses. This makes students more able to accept themselves and be confident.

Key words: Group Counseling, Body Image Cognitive Behavioral Therapy (BI-CBT), Body Image