

**PENGEMBANGAN *WHITEBOARD ANIMATION* SEBAGAI ALAT
BANTU DIRI DALAM PENANGANAN GANGGUAN *MOOD RINGAN*
DENGAN PENDEKATAN *COGNITIVE BEHAVIOR THERAPY (CBT)*
PADA PESERTA DIDIK SMK NEGERI 26 JAKARTA TIMUR
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ABSTRAK

Pengembangan media *whiteboard animation* sebagai alat bantu diri dalam penanganan gangguan mood ringan dengan pendekatan *cognitive behavioral therapy* pada peserta didik SMK Negeri 26 Jakarta Timur dibuat berdasarkan hasil studi pendahuluan yang telah dilakukan kepada peserta didik kelas X dan XI telah ditemukan bahwa 41 peserta didik masuk kategori gangguan mood ringan. Metode yang digunakan dalam penelitian ini ialah menggunakan Design Based Research (DBR) dibagi menjadi tiga tahap utama, yaitu analisis dan eksplorasi, desain dan konstruksi, serta evaluasi dan refleksi. Teknik pengambilan sampel yang digunakan pada tahap analisis kesenjangan adalah *purposive sampling Non probability* sampling. Alat untuk mengumpulkan data berupa angket, wawancara, dan tes penilaian media dilakukan oleh validator yang terdiri dari ahli media, ahli konten, dan ahli pengguna. Berdasarkan data tersebut hasil evaluasi yang sudah dilakukan oleh ahli media mencapai 80%, evaluasi oleh ahli konten mendapatkan hasil 80%, dan penilaian dari ahli pengguna mencapai 90%, sehingga hasil pengembangan media ini secara keseluruhan dikategorikan penelitian yang sangat baik.

Kata kunci: *Whiteboard animation*, Gangguan *mood* ringan, *Cognitive behavioral therapy*, *self-help*

THE DEVELOPMENT OF WHITEBOARD ANIMATION AS A SELF-HELP TOOL IN HANDLING MILD MOOD DISORDERS WITH A COGNITIVE BEHAVIOR THERAPY (CBT) APPROACH FOR STUDENTS OF SMKN 26 JAKARTA TIMUR

(2022)

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ABSTRACT

The development of whiteboard animation media as a self-help tool in handling mild mood disorders with a cognitive behavioral therapy approach to students of SMKN 26 East Jakarta was made based on the results of preliminary studies that had been carried out on students in grades X and XI. It was found that 41 students were categorized as mild mood disorders. The method used in this research is Design Based Research (DBR) which is divided into three main stages, namely analysis and exploration, design and construction, and evaluation and reflection. The sampling technique used in the gap analysis stage is purposive sampling. Non-probability sampling. Data collection tools in the form of questionnaires, interviews, and media assessment tests were carried out by validators consisting of media experts, content experts, and user experts. Based on these data, the results of evaluations that have been carried out by media experts have reached 80%, evaluations by content experts have obtained 80% results, and the assessments of user experts have reached 90%, so the results of this media development as a whole are categorized as very feasible research.

Keywords: Whiteboard animation, mild mood disorders, cognitive behavioral therapy, self-hel