**Lampiran 16**

**DATA HASIL OBSERVASI PENERAPAN KONSELING *COGNITIVE BEHAVIORAL* UNTUK MENGURANGI GANGGUAN KECEMASAN SOSIAL PADA SISWA**

**Nama Kegiatan : Pengenalan, Pelibatan Diri Dan Pemberian Informasi Tentang Kecemasan Social Serta Menjelaskan Prosedur Pelaksaanaan Konseling *Cognitive Behavioral* Menggunakaan Teknik *Systematic Desensitization***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No.** | **Aspek yang di observasi** | **Nama siswa** | | | | | | | | | | | | | | | | | | | | **Jumlah** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** | **19** |  | | |
| **1** | Kehadiran | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | **19** | | |
| **2** | Mengikuti peraturan pelaksanaan kegiatan |  | √ | √ |  |  |  |  |  |  | √ |  |  |  | √ | √ |  | √ |  |  | **6** | | |
| **3** | Mendengarkan dengan seksama yang dijelaskan | √ |  |  |  |  |  |  |  |  |  |  |  |  | √ |  |  |  | √ | √ | **4** | | |
| **4** | Mengajukan pertanyaan jika ada yang tidak dimengerti |  | √ | √ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | √ | **3** | | |
| **5** | Mengerjakan dengan sungguh-sungguh tugas yang diberikan |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **0** | | |
| **6** | Memahami dengan benar masalah yang dialami |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **0** | | |
| **7** | Berani maju kedepan kelas |  | √ | √ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **2** | | |
| **8** | Berani menceritakan masalah yang dihadapi |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **0** | | |
| **9** | Menyesuaikan diri dengan konselor dan teman-temannya |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **0** | | |
| **10** | Aktif selama kegiatan berlangsung |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **0** | | |
| **11** | Antusias mengikuti setiap kegiatan |  | √ |  |  |  |  |  |  | √ |  |  |  |  |  |  |  |  |  | √ | **3** | | |
| **Jumlah** | | **2** | **5** | **4** | **1** | **1** | **1** | **1** | **1** | **2** | **2** | **1** | **1** | **1** | **3** | **2** | **1** | **2** | **2** | **3** |  | | |

**Nama Kegiatan : Penerapan Konseling *Cognitive Behavioral* Menggunakan Teknik Intervensi *Dezentisization.***

**Sesi I Memberikan Konseli Rasionalisasi**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No.** | **Aspek yang di observasi** | **Nama siswa** | | | | | | | | | | | | | | | | | | | | **Jumlah** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** | **19** |  | | |
| **1** | Kehadiran | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | 19 | | |
| **2** | Mengikuti peraturan pelaksanaan kegiatan |  | √ | √ |  |  |  | √ |  |  | √ |  | √ |  |  | √ | √ | √ |  | √ | 9 | | |
| **3** | Mendengarkan dengan seksama yang dijelaskan | √ |  | √ | √ | √ | √ | √ |  |  |  |  |  | √ | √ | √ | √ |  |  | √ | 11 | | |
| **4** | Mengajukan pertanyaan jika ada yang tidak dimengerti |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 0 | | |
| **5** | Mengerjakan dengan sungguh-sungguh tugas yang diberikan | √ | √ | √ | √ | √ | √ | √ | √ |  | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | 18 | | |
| **6** | Memahami dengan benar masalah yang dialami |  | √ |  |  |  |  |  | √ |  |  |  |  |  |  |  |  |  |  | √ | 3 | | |
| **7** | Berani maju kedepan kelas |  |  |  | √ |  |  |  | √ |  |  |  |  |  | √ | √ |  |  |  | √ | 5 | | |
| **8** | Berani menceritakan masalah yang dihadapi |  |  | √ | √ | √ |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 3 | | |
| **9** | Menyesuaikan diri dengan konselor dan teman-temannya | √ | √ | √ | √ | √ | √ |  |  | √ | √ |  |  |  |  | √ |  |  |  |  | 9 | | |
| **10** | Aktif selama kegiatan berlangsung | √ | √ |  |  | √ |  |  |  |  |  |  | √ |  |  |  |  |  |  |  | 4 | | |
| **11** | Antusias mengikuti setiap kegiatan |  | √ |  |  | √ |  |  |  | √ | √ |  |  | √ | √ | √ |  |  |  | √ | 8 | | |
| **Jumlah** | | 5 | 7 | 6 | 7 | 7 | 4 | 4 | 4 | 3 | 5 | 2 | 3 | 4 | 5 | 7 | 4 | 3 | 2 | 7 |  | | |

**Nama Kegiatan : Sesi II Menyusun Hirarki atau Jenjang-jenjang Situasi yang Menimbulkan Kecemasan**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No.** | **Aspek yang di observasi** | **Nama siswa** | | | | | | | | | | | | | | | | | | | | **Jumlah** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** | **19** |  | | |
| **1** | Kehadiran | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | 19 | | |
| **2** | Mengikuti peraturan pelaksanaan kegiatan | √ | √ | √ |  |  |  | √ |  |  | √ |  | √ | √ | √ |  |  | √ | √ | √ | 11 | | |
| **3** | Mendengarkan dengan seksama yang dijelaskan | √ |  | √ | √ | √ | √ | √ |  |  | √ | √ |  | √ |  | √ | √ |  | √ | √ | 13 | | |
| **4** | Mengajukan pertanyaan jika ada yang tidak dimengerti |  | √ |  |  |  | √ |  |  |  | √ |  | √ |  |  |  |  |  |  |  | 4 | | |
| **5** | Mengerjakan dengan sungguh-sungguh tugas yang diberikan |  | √ | √ |  |  | √ |  |  | √ |  |  | √ | √ | √ |  | √ |  |  | √ | 9 | | |
| **6** | Memahami dengan benar masalah yang dialami | √ |  |  |  |  |  | √ | √ | √ | √ | √ | √ |  | √ |  |  | √ | √ |  | 10 | | |
| **7** | Berani maju kedepan kelas | √ |  |  |  |  |  | √ |  |  |  | √ |  | √ |  |  |  | √ | √ |  | 6 | | |
| **8** | Berani menceritakan masalah yang dihadapi | √ |  |  |  |  |  | √ |  |  |  |  |  | √ | √ |  |  | √ | √ |  | 6 | | |
| **9** | Menyesuaikan diri dengan konselor dan teman-temannya | √ |  |  |  |  |  | √ |  |  |  |  |  | √ | √ |  |  | √ | √ | √ | 7 | | |
| **10** | Aktif selama kegiatan berlangsung | √ |  | √ | √ | √ |  | √ | √ |  | √ |  |  | √ | √ |  |  | √ | √ | √ | 12 | | |
| **11** | Antusias mengikuti setiap kegiatan | √ |  | √ | √ | √ |  | √ |  |  | √ |  | √ | √ | √ | √ | √ | √ | √ | √ | 14 | | |
| **Jumlah** | | 9 | 4 | 6 | 4 | 4 | 4 | 9 | 3 | 3 | 7 | 4 | 6 | 9 | 9 | 3 | 3 | 8 | 9 | 7 |  | | |

**Nama Kegiatan : Sesi III Relaksasi Training**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No.** | **Aspek yang di observasi** | **Nama siswa** | | | | | | | | | | | | | | | | | | | | **Jumlah** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** | **19** |  | | |
| **1** | Kehadiran | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | 19 | | |
| **2** | Mengikuti peraturan pelaksanaan kegiatan | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  | √ | √ | √ | √ | √ |  |  |  | 15 | | |
| **3** | Mendengarkan dengan seksama yang dijelaskan | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | 19 | | |
| **4** | Mengajukan pertanyaan jika ada yang tidak dimengerti |  | √ | √ |  | √ |  |  |  |  | √ | √ |  |  |  |  |  |  |  |  | 4 | | |
| **5** | Mengerjakan dengan sungguh-sungguh tugas yang diberikan |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 0 | | |
| **6** | Memahami dengan benar masalah yang dialami | √ | √ | √ |  | √ |  | √ |  |  |  | √ | √ | √ | √ | √ | √ | √ | √ | √ | 15 | | |
| **7** | Berani maju kedepan kelas |  |  |  | √ |  | √ |  |  |  | √ |  | √ |  |  |  | √ |  |  |  | 5 | | |
| **8** | Berani menceritakan masalah yang dihadapi |  | √ |  | √ |  | √ |  | √ |  | √ | √ |  |  |  |  |  |  |  |  | 6 | | |
| **9** | Menyesuaikan diri dengan konselor dan teman-temannya | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | 19 | | |
| **10** | Aktif selama kegiatan berlangsung | √ | √ | √ | √ |  | √ |  |  |  | √ | √ | √ | √ |  | √ | √ | √ | √ | √ | 15 | | |
| **11** | Antusias mengikuti setiap kegiatan | √ | √ | √ | √ | √ | √ |  | √ | √ | √ | √ | √ | √ |  | √ | √ | √ | √ |  | 17 | | |
| **Jumlah** | | 7 | 9 | 8 | 8 | 7 | 8 | 5 | 6 | 5 | 9 | 8 | 8 | 7 | 4 | 7 | 8 | 6 | 6 | 5 |  | | |

**Nama Kegiatan : Sesi 4 Penyajian Adegan**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No.** | **Aspek yang di observasi** | **Nama siswa** | | | | | | | | | | | | | | | | | | | | **Jumlah** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** | **19** |  | | |
| **1** | Kehadiran | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | `19 | | |
| **2** | Mengikuti peraturan pelaksanaan kegiatan | √ | √ |  | √ | √ | √ | √ | √ | √ | √ |  |  |  | √ | √ | √ |  | √ | √ | 15 | | |
| **3** | Mendengarkan dengan seksama yang dijelaskan | √ | √ | √ |  | √ | √ |  | √ |  | √ | √ | √ | √ | √ | √ |  | √ | √ | √ | 14 | | |
| **4** | Mengajukan pertanyaan jika ada yang tidak dimengerti |  |  | √ | √ | √ |  |  |  |  |  |  |  | √ |  |  | √ | √ |  | √ | 8 | | |
| **5** | Mengerjakan dengan sungguh-sungguh tugas yang diberikan | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | 19 | | |
| **6** | Memahami dengan benar masalah yang dialami | √ | √ | √ | √ | √ | √ | √ |  | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | 18 | | |
| **7** | Berani maju kedepan kelas | √ |  | √ |  |  | √ | √ |  | √ |  |  |  | √ |  |  |  |  |  |  | 6 | | |
| **8** | Berani menceritakan masalah yang dihadapi |  | √ |  |  |  | √ |  |  | √ |  | √ | √ |  |  | √ | √ | √ |  |  | 8 | | |
| **9** | Menyesuaikan diri dengan konselor dan teman-temannya | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | 19 | | |
| **10** | Aktif selama kegiatan berlangsung | √ |  |  |  | √ |  |  | √ | √ | √ |  | √ | √ |  | √ | √ |  | √ | √ | 11 | | |
| **11** | Antusias mengikuti setiap kegiatan | √ | √ |  | √ | √ |  |  | √ | √ | √ | √ | √ | √ | √ | √ | √ |  | √ | √ | 15 | | |
| **Jumlah** | | 9 | 8 | 7 | 7 | 9 | 8 | 6 | 7 | 9 | 8 | 7 | 8 | 9 | 7 | 9 | 9 | 7 | 8 | 9 |  | | |

**Nama Kegiatan : Sesi 5 Pekerjaan Rumah dan Tindak Lanjut**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No.** | **Aspek yang di observasi** | **Nama siswa** | | | | | | | | | | | | | | | | | | | | **Jumlah** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** | **19** |  | | |
| **1** | Kehadiran | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | 19 | | |
| **2** | Mengikuti peraturan pelaksanaan kegiatan | √ | √ | √ | √ | √ | √ |  | √ |  | √ |  | √ | √ | √ | √ | √ | √ | √ | √ | 17 | | |
| **3** | Mendengarkan dengan seksama yang dijelaskan | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  |  | √ |  | √ | √ | √ | 16 | | |
| **4** | Mengajukan pertanyaan jika ada yang tidak dimengerti | √ | √ | √ |  | √ | √ |  | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | 19 | | |
| **5** | Mengerjakan dengan sungguh-sungguh tugas yang diberikan | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | 19 | | |
| **6** | Memahami dengan benar masalah yang dialami | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  | √ | √ | √ | √ | √ | √ | 18 | | |
| **7** | Berani maju kedepan kelas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 0 | | |
| **8** | Berani menceritakan masalah yang dihadapi |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 0 | | |
| **9** | Menyesuaikan diri dengan konselor dan teman-temannya | √ | √ | √ | √ | √ | √ | √ |  |  | √ |  | √ | √ | √ | √ | √ | √ | √ | √ | 17 | | |
| **10** | Aktif selama kegiatan berlangsung |  | √ | √ | √ | √ | √ |  | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  | √ | 16 | | |
| **11** | Antusias mengikuti setiap kegiatan | √ | √ | √ | √ | √ |  |  | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | 17 | | |
| **Jumlah** | | 8 | 9 | 9 | 8 | 9 | 8 | 6 | 8 | 7 | 9 | 7 | 9 | 7 | 8 | 9 | 9 | 9 | 8 | 9 |  | | |