

## THE INCREASING SELF-ESTEEM OF STUDENTS OF BULLYING VICTIM IN MAN FILIAL REJANG LEBONG USING COUNSELING GROUP WITH THOUGHT STOPPING AND ASSERTIVE TRAINING TECHNIQUES

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### ABSTRACT

Self-esteem possessed by adolescents in high school or vocational high school will certainly determine their level of success later. However, not a few teenagers today have negative self-esteem due to bullying by their friends, so that victims of bullying will tend to have low self-esteem, such as easily giving up and feeling worthless. To increase self-esteem in adolescent students, there are several efforts made, one of which is to provide group counseling services using thought stopping and assertive training techniques. The purpose of this study was to analyze the effectiveness of group counseling using thought stopping and assertive training techniques in increasing the self-esteem of youth victims of bullying at MAN Filial Rejang Lebong. This research method used a quantitative approach with experimental research design designed using randomized pretest-posttest comparison group design. The subjects of this study were class X students who were identified as having low self-esteem or self-esteem disorders. The data collection technique in this research is to use self-esteem scale instruments and interviews to strengthen the data obtained. The results of this study indicate that the intervention or treatment carried out using the Thought Stopping Technique Group Counseling service has increased by 39.28 with a difference from the previous of 13.71%. And the use of counseling services using Assertive Training Technique is effective to increase the self-esteem of Bullying Victims Students at MAN Filial Rejang Lebong, with an average result of an increase of 41.85 with a difference of 16.14%.

**Keywords:** Self-esteem, Bullying, Group Counseling, Thought Stopping Techniques and Assertive Training Techniques.