

RATIONAL EMOTIVE BEHAVIOR THERAPY AS AN IMPROVING TO SELF REGULATED LEARNING

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ABSTRACT

The purpose of this training activity is to provide knowledge and experience about training in Rational Emotive Behavior Therapy as an improving to Self Regulated Learning for Junior High School Counsellor in Bantul District which includes planning, implementation, and evaluation. This activity is carried out using the methods of lecturing, discussion, and assignment. The audience was 32 participants of the Junior High School Counsellor in Bantul District. There are several materials provided to participants, namely the characteristics of Junior High School students, Self Regulated Learning, and Rational Emotive Behavior Therapy. Based on the results of this training activity, it shows that there is an increase in skills in analyse student problems in learning using the Rational Emotive Behavior Therapy so that students can improve and change attitudes, perceptions, ways of thinking, beliefs and views of students who are irrational and not. logical becomes logical so that students can develop themselves and improve self-regulated in learning. Skills improvement in the Rational Emotive Behavior Therapy as an effort to improve Self Regulated Learning for school counselor in Bantul District is known from the average pre-test score of training participants of 58 while the average score of post-test. the test is 64 and the percentage of pre-test is 47% and post-test is 53%. Therefore, it can be concluded that skills training in analyse problems, especially in student learning activities using the Rational Emotive Behavior Therapy has achieved the targeted results and this community service program can be said to be successful.

Kata Kunci: *Rational Emotive Behaviour Therapy, Self Regulated Learning*