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Pengaruh *WOOP Self-Management* terhadap Tingkat Kecemasan pada Siswa Kelas XII Di SMA Negeri 1 Bergas .

ABSTRAK

Latar Belakang : Siswa kelas XII rentan mengalami kecemasan akibat tuntutan akademik, persiapan kelulusan, serta tekanan menghadapi masa depan. Kecemasan yang tidak dikelola dengan baik dapat berdampak negatif terhadap konsentrasi belajar, prestasi akademik, dan kesehatan mental. Oleh karena itu, diperlukan intervensi psikososial yang dapat membantu siswa mengelola kecemasan secara mandiri, salah satunya melalui *WOOP (Wish, Outcome, Obstacle, Plan) Self-Management*.

Tujuan : Untuk mengetahui pengaruh *WOOP Self-Management* terhadap tingkat kecemasan pada siswa kelas XII.

Metode : Penelitian ini menggunakan desain *Quasi-eksperimental* dengan *pretest-posttest control group design*. Populasi penelitian siswa kelas XII berjumlah 424 siswa, pengambilan sampel dipilih secara *purposive sampling* dengan total 40 sampel yang memenuhi kriteria inklusi, setelah itu sampel dibagi menjadi 2 kelompok secara undian yang terdiri dari 20 responden kelompok intervensi dan 20 responden kelompok kontrol. Analisis data dilakukan menggunakan *paired t-test* dan *independent t-test*.

Hasil : Hasil uji *Independent T-Test* didapatkan nilai $|t \text{ hitung}| (2,415) > t \text{ tabel} (1,685)$ dengan nilai $p \text{ value}$ pada tingkat kecemasan $(0,021) < \alpha (0,05)$.

Kesimpulan : Terdapat pengaruh yang signifikan *WOOP Self-Management* terhadap tingkat kecemasan pada siswa kelas XII di SMA Negeri 1 Bergas.

Saran : *WOOP Self-Management* dapat diterapkan sebagai intervensi psikososial untuk membantu siswa dalam mengelola kecemasan.

Kata Kunci : *WOOP Self-Management*, Kecemasan, Siswa Kelas XII

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The Effect of WOOP Self-Management on Anxiety Levels in Grade XII Students at SMA Negeri 1 Bergas.

ABSTRACT

Background: XIIth-grade students are vulnerable to anxiety due to academic demands, graduation preparations, and the pressures of facing the future. Unmanaged anxiety can negatively impact learning concentration, academic achievement, and mental health. Therefore, psychosocial interventions are needed to help students manage anxiety independently, one of which is through WOOP (Wish, Outcome, Obstacle, Plan) Self-Management.

Objective: To determine the effect of WOOP Self-Management on anxiety levels in XIIth-grade students.

Method: This study used a quasi-experimental design with a pretest–posttest control group design. The study population consisted of 424 XIIth-grade students. The sample was selected using purposive sampling, with a total of 40 students meeting the inclusion criteria. Afterwards, the sample was divided into two groups by lottery, consisting of 20 respondents in the intervention group and 20 respondents in the control group. Data analysis was performed using a paired t-test and an independent t-test.

Results: The results of the Independent T-Test obtained a value of $|t \text{ count}| (2.415) > t \text{ table} (1.685)$ with a p-value for anxiety level $(0.021) < \alpha (0.05)$.

Conclusion: There is a significant effect of WOOP Self-Management on anxiety levels in grade XII students at SMA Negeri 1 Bergas.

Recommendation: WOOP Self-Management can be implemented as a psychosocial intervention to help students manage anxiety.

Keywords: WOOP Self-Management, Anxiety, XIIth-grade Students