

EFEKTIVITAS METODE *EXPRESSIVE WRITING THERAPY* TERHADAP PENURUNAN KECEMASAN BERBICARA DI DEPAN UMUM PADA SISWA-SISWI KORBAN *BULLYING* KELAS XI SMA METHODIST ANTIOKHIA PANCUR BATU

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INTISARI

Penelitian ini ditujukan untuk mengkaji efektivitas metode *expressive writing therapy* terhadap penurunan kecemasan berbicara di depan umum pada siswa-siswi korban *bullying* kelas XI SMA Methodist Anthiokia Pancur Batu. Hipotesis dalam penelitian ini adalah bahwa metode *expressive writing therapy* efektif dapat menurunkan kecemasan berbicara di depan umum pada siswa-siswi korban *bullying* kelas XI SMA Methodist Anthiokia Pancur Batu. Subjek penelitian berjumlah 20 orang korban *bullying* kelas XI menggunakan metode *Purposive Sampling*. Penelitian ini merupakan penelitian eksperimen dengan *design One Group Pretest-Posttest*. Data yang diperoleh diuji normalitasnya menggunakan uji *Shapiro-Wilk* dan dilanjutkan dengan uji *Paired Sample T-Test* menggunakan *IBM Statistics 25 for Windows*. Uji *Paired Sample T-Test* yang dilakukan menghasilkan nilai *Sig. Paired Sample Test* 0.007 ($p < 0.05$) dengan demikian H_0 ditolak dan H_a diterima yang berarti bahwa pelatihan *expressive writing therapy* efektif dalam menurunkan tingkat kecemasan berbicara di depan umum pada siswa-siswi korban *bullying* kelas XI SMA Methodist Antiokhia Pancur Batu.

Kata kunci: *expressive writing therapy*, kecemasan berbicara di depan umum

**THE EFFECTIVENESS OF EXPRESSIVE WRITING THERAPY IN REDUCING
PUBLIC SPEAKING ANXIETY ON THE BULLY-VICTIMS STUDENTS GRADE
ELEVENTH HIGH SCHOOL IN METHODIST ANTIOKHIA PANCUR BATU**

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ABSTRACT

This study aims to know the effectiveness of expressive writing therapy in reducing public speaking anxiety on the bully-victims students grade eleventh high school in Methodist Antiokhia Pancur Batu. The hypothesis in this study is there is effectiveness of expressive writing therapy in reducing public speaking anxiety on the bully-victims students grade eleventh high school in Methodist Antiokhia Pancur Batu. The research subjects used in this study were 20 bullying students in grade XI using Purposive Sampling. This research uses experiment methods with One Group Pretest-Posttest design. The normality of data was used with Shapiro-Wilk test and continued with Paired Sample T-Test using IBM statistics 25 for windows. The results of Paired Sample T-Test show a result with sig. 0,007 ($p < 0.005$) which mean that there are effectiveness of expressive writing therapy in reducing public speaking anxiety on the bully-victims students grade eleventh high school in Methodist Antiokhia Pancur Batu.

Keywords : *expressive writing therapy, public speaking anxiety*