

ABSTRACT

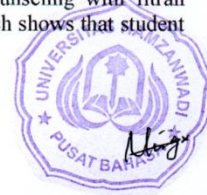
This study aims to examine the effectiveness of implementing Qur'anic counseling using fitrah therapy in overcoming anxiety in insomnia students. The research design employed in this study was a single-case experimental design with an A-B-A research design. The subject of this research was a student from the eleventh grade. The instrument used to collect data was an anxiety scale, and the data were analyzed using quantitative data analysis. The results of this study shows that the initial phase data (A1) before being given treatment (pretest) in the form of Qur'anic counseling with fitrah therapy obtained a maximum score of 63 with an average mean of 12.6 which shows student anxiety in the anxious category. During the intervention phase (B) the score rose to 79 with an average of 15.8 indicating a moderate category. Then after being given an intervention (A2) in the form of Qur'anic counseling with fitrah therapy the score rose to 104 with an average mean of 20.8 which shows that student anxiety becomes less anxious.

Keywords: Anxiety, Qur'anic counseling, fitrah therapy

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui efektifitas penerapan konseling Qur'ani dengan menggunakan terapi fitrah dalam mengatasi kecemasan siswa insomnia. Jenis penelitian yang digunakan dalam penelitian ini adalah eksperimen tunggal dengan desain penelitian A-B-A subyek tunggal. Subyek penelitian ini adalah seorang siswa kelas XI. Instrumen yang digunakan untuk mengumpulkan data berupa skala kecemasan dan dianalisis menggunakan data kuantitatif. Hasil penelitian ini menunjukkan bahwa data fase awal (A1) sebelum diberikan perlakuan (pretest) berupa konseling Qur'ani dengan terapi fitrah memperoleh skor maksimal 63 dengan mean rata-rata 12,6 yang menunjukkan kecemasan siswa dalam kategori cemas. Pada saat fase intervensi (B) skornya naik menjadi 79 dengan rata-rata 15,8 menunjukkan kategori sedang. Kemudian setelah diberikan intervensi (A2) berupa konseling Qur'ani dengan terapi fitrah skornya naik menjadi 104 dengan mean rata-rata menjadi 20,8 yang menunjukkan kecemasan siswa menjadi tidak cemas.

Kata kunci : Kecemasan, konseling Qur'ani, terapi fitrah