

## **ABSTRACT**

### **The Effectiveness of Group Counseling Services Through Live Model to Reduce Students' Academic Burn-Out**

**Keywords: Group Counseling, Live Model and Academic Burn-Out**

This study aims to determine the effectiveness of group counseling services through a live model to reduce students' academic burn-out. This research uses a quantitative approach. The method used is an experimental method using One Group Pretest-Posttest Design. The data collection techniques used are interviews, observations and questionnaires. Data analysis techniques in this study are descriptive statistical analysis and inferential statistical analysis using t-test for hypothesis testing.

The results showed that based on the analysis techniques carried out, the data obtained that the average pre-test was 41.00 while the post-test was 84.50, meaning that the post-test average was higher than the pre-test average. The tcount value is 9.461 with degrees of freedom (df)  $n-2 = 10-2 = 8$ , then obtained for the ttable value of 1.860. Then  $tcount > ttable = 9.461 > 1.860$ , then  $H_0$  is rejected and  $H_a$  is accepted. The tcount value is 9.461 with a significant 0.000 which means  $0.000 < 0.05$ , then  $H_a$  is accepted and  $H_0$  is rejected. So it can be concluded that group counseling services through live models are effective for reducing academic burn-out of students in class IX SMP Negeri 1 Batang-Batang.