



The Effectiveness of the Application of Sociodrama Techniques in Group Guidance Services to Improve Social Adjustment of Grade VII A SMP St. Theresia Kupang Academic Year 2025/2026

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Abstract: This study aims to determine the effectiveness of the application of sociodrama techniques in group guidance services to improve the social adjustment of students in grade VII A SMPK St. Theresia Kupang for the 2025/2026 Academic Year. This study uses a quantitative approach with a pre-experimental method and a one-group pretest-posttest design. The research population is 29 students, while the research sample consists of 6 students who were selected using the purposive sampling technique. The research instrument used is a social adjustment questionnaire that has gone through validity and reliability tests. The research data was analyzed using the paired-samples t-test. The results of the study showed an increase in students' social adjustment after being treated in the form of the application of sociodrama techniques in group guidance services. This is shown by the average score of the posttest which is higher than the average score of the pretest. The results of the hypothesis test also showed a significance value of 0.000 ($p < 0.05$), with a t-calculated value of -35.462 and a t-table value of 2.57058. Based on these results, the null hypothesis (H_0) was rejected and the alternative hypothesis (H_a) was accepted. Thus, the application of sociodrama techniques in group guidance services was declared effective in improving the social adjustment of students in grade VII A SMPK St. Theresia Kupang for the 2025/2026 Academic Year.

Keywords: Sociodrama Techniques, Group Guidance, Social Adjustment

Abstrak: Penelitian ini bertujuan untuk mengetahui efektivitas penerapan teknik sosiodrama dalam layanan bimbingan kelompok untuk meningkatkan penyesuaian sosial siswa kelas VII A SMPK St. Theresia Kupang Tahun Pelajaran 2025/2026. Penelitian ini menggunakan pendekatan kuantitatif dengan metode pre-eksperimental dan desain one-group pretest-posttest. Populasi penelitian berjumlah 29 siswa, sedangkan sampel penelitian terdiri atas 6 siswa yang dipilih menggunakan teknik purposive sampling. Instrumen penelitian yang digunakan adalah angket penyesuaian sosial yang telah melalui uji validitas dan reliabilitas. Data penelitian dianalisis menggunakan uji paired-samples t-test. Hasil penelitian menunjukkan adanya peningkatan penyesuaian sosial siswa setelah diberikan perlakuan berupa penerapan teknik sosiodrama dalam layanan bimbingan kelompok. Hal ini ditunjukkan oleh nilai rata-rata posttest yang lebih tinggi daripada nilai rata-rata pretest. Hasil uji hipotesis juga menunjukkan nilai signifikansi sebesar 0,000 ($p < 0,05$), dengan nilai t-hitung sebesar -35,462 dan nilai t-tabel sebesar 2,57058. Berdasarkan hasil tersebut, hipotesis nol (H_0) ditolak dan hipotesis alternatif (H_a) diterima. Dengan demikian, penerapan teknik sosiodrama dalam layanan bimbingan kelompok dinyatakan efektif dalam meningkatkan penyesuaian sosial siswa kelas VII A SMPK St. Theresia Kupang Tahun Pelajaran 2025/2026.

Kata kunci: Teknik Sosiodrama, Bimbingan Kelompok, Penyesuaian Sosial

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Introduction

Social adjustment is the ability of students to respond appropriately to the demands of relationships and social situations so that they can build positive relationships with peers and school residents. At the junior high school level, students face an increasingly wide range of social environments and developmental demands. Difficulties in adapting can be seen in solitary behavior, limited group involvement, friendship conflicts, or difficulty following school norms. Therefore, schools need to provide support that helps students understand social situations and practice adaptive behavior.

Schneider (in Sulistio et al., 2018) views social adjustment as a dynamic process in adjusting to the social environment, while Mu'tadin (in Jelita et al., 2021) emphasizing the ability to respond to relationships and social situations in a healthy and effective manner. However, not all students are able to make optimal social adjustments in the school environment. This is proven through research Stuart (2017) at Ihsanul Fikri IT Junior High School, Magelang Regency, which shows that there are students who fail in social adjustment so that they tend to be isolated because they are excluded by the surrounding environment.

In addition, the phenomenon of low social adjustment was also found by the researcher in August 2025 when conducting a BK Internship at SMPK St. Theresia Kupang for the 2025/2026 Academic Year through the analysis of the AKPD (Student Needs Questionnaire) given to grade VII A. From the data obtained, the researcher found that 22 out of 29 students (75.86%) chose item number 21 with the statement "I don't know much about the new school environment"

One of the approaches that is considered effective in improving students' social adjustment is the application of sociodrama techniques in group guidance services. Yuni (in Khamdiah & Hariastuti, 2023) states that sociodrama is a technique in group guidance that is carried out through role play by dramatizing behavior in social relationships.

In addition, Research Anal Sex (2024) suggests that the application of sociodrama techniques in group tutoring services can improve students' social adjustments. Other research by Sardi et al. (2019) It was also found that group tutoring services had a significant positive impact on improving students' social adjustment in school. Similar things were also found in the study Assudaesi et al. (2024) that the application of sociodrama techniques in group guidance services is effective in improving students' self-adjustment skills in social interactions.

Although sociodrama techniques have been widely used in various contexts of psychological

intervention, their application in particular in group guidance services at the junior high school level is still relatively limited, especially at St. Theresia Kupang Junior High School.

Method

Research Design and Arrangement

The study used a quantitative approach with a *pre-experimental one-group pretest-posttest design*. Measurements were taken before the treatment (*pretest*) and after the treatment (*posttest*) in the same group of participants.

This research was conducted at SMPK St. Theresia Kupang, Jalan Jendral Ahmad Yani No. 52 A, Kota Lama District, Merdeka Village, Kupang City Regency, East Nusa Tenggara. And it was carried out from January to June

Participants, Examples, or Data Sources

The research population is 29 students in grade VII A SMPK St. Theresia Kupang for the 2025/2026 school year. The sample consists of six students who show a low level of social adjustment based on *the results of the pretest*. The selection of participants using *purposive sampling with the pretest score criteria* being in the low category.

Instruments and Steps

Data was collected using 2 instruments, namely:

1. The data collection instrument used was in the form of a social adjustment questionnaire with 50 questionnaire statements and 4 alternative answers on the Likert scale that had been tested for validity and reliability which showed a cronbach alpha of 0.909.
2. The treatment instrument used by the researcher in this study is a treatment guideline using sociodrama techniques through group guidance to improve students' social adjustment.

Research Procedures and Ethics

The research procedure includes: (1) giving pretests to 29 students of grade VII A; (2) selection of six students with low category scores; (3) the implementation of group guidance services using sociodrama techniques based on the intervention guidelines and scenarios prepared; and (4) the administration of posttests to measure changes in scores.

Data Analysis

The data was analyzed using a paired sample t-test. With the help of the ssps application version 22 for windows. The significance level was set at 0.05. The hypothesis decision was based on the Sig. (2-tailed) value and the comparison of the absolute value of t calculated with the t table.

Results and Discussion

Results

The results of the pretest for 29 students showed that six students (20.69%) were in the low social adjustment category, 13 students (44.83%) in the medium category, and 10 students (34.48%) in the high category. Six students in the low category were selected as intervention participants. After being provided with group guidance services with sociodrama techniques, all participants showed posttest scores in the high category. A summary of the scores can be seen in the table below.

Table 1. Data on the difference between Pre-test and Post-test results

Participant code	Pre-tests	Post-tests	Score changes
APRNS	81	162	81
AJDR	82	158	76
BBS	87	155	68
CST	86	160	74
LMAR	80	168	88
VNESK	83	157	74

Discussion

The results showed that there was an increase in students' social adjustment after being treated in the form of sociodrama techniques in group guidance services. The average score of the posttest was higher than the average score of the pretest, and the results of the hypothesis test showed a significance value of $0.000 < 0.05$ and a t-count value of -35.462 with a t-table of 2.57058. Thus, the null hypothesis was rejected and an alternative hypothesis was accepted. This shows that the application of sociodrama techniques in group guidance services is effective in improving the social adjustment of grade VII A students of SMK St. Theresia Kupang for the 2025/2026 academic year.

Results The results of this study are in line with the research conducted by Ulfa & Husniah (2020), that sociodrama techniques through group guidance are effective in increasing social adjustment. In their research, sociodrama techniques through group guidance have proven to be a tool that helps students in improving students' social adjustments. Through structured role plays, participants gain about self-understanding (potential) and the environment, and practice adaptive behavior according to the topic of the problem at hand.

Similar things were also found by Upi (2017) that group guidance through sociodrama techniques can be used as one of the effective guidance and counseling service strategies to help students develop the ability to interact, adjust to the social

environment, and build more positive relationships with peers and the school environment

Conclusion

The results of the study show that the application of sociodrama techniques in group guidance services has proven to be effective in increasing the social adjustment of students in grade VII A SMPK St. Theresia Kupang for the 2025/2026 academic year. This is proven through the Paired Sample T-Test which shows a significance value far below the predetermined significance level, so that the null hypothesis (H_0) is rejected and the alternative hypothesis (H_a) is accepted.

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Conflict of interest

The authors stated that there was no conflict of interest

Author's Contribution (Optional)

Writers are responsible for conceptualization, methodology, investigation, data curation, formal analysis, initial draft writing, and manuscript writing, review and editing.

Generative AI Disclosure

The authors use generative AI tools to assist with language refinement, drafting, and manuscript editing. The authors remain solely responsible for the accuracy, originality, integrity, and final content of this article

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