

ABSTRAK

Susi Erliani (2230130024): Efektivitas Teknik Cognitive Defusion Dalam Konseling Islam Untuk Menangani *Overthinking* Karir (Penelitian Peserta Didik Kelas XI di SMAN 1 Dayeuhkolot).

Fenomena *overthinking* telah menjadi tantangan psikologis yang nyata di kalangan peserta didik, khususnya dalam menghadapi ketidakpastian masa depan dan pemilihan karir. Di SMAN 1 Dayeuhkolot, sebagian besar siswa mengalami kecemasan berlebihan, keraguan, dan kesulitan dalam merumuskan langkah karir yang jelas, yang berdampak pada kesejahteraan emosional serta menghambat proses belajar dan pengambilan keputusan. Dari latar belakang tersebut maka tujuan penelitian ini untuk menganalisis efektivitas teknik cognitive defusion dalam kerangka konseling Islam sebagai pendekatan alternatif dalam menangani kecenderungan *overthinking* terkait karir.

Penelitian ini didasarkan pada teori *Acceptance and Commitment Therapy* (ACT) dikembangkan Steven C. Hayes, dengan fokus pada teknik cognitive defusion sebuah metode yang mengajarkan individu untuk menerima pikiran dan perasaan tanpa mengidentifikasikan diri secara mutlak dengannya. Dalam konteks konseling Islam, pendekatan ini diintegrasikan dengan nilai-nilai spiritual seperti *tazkiyatun nafs*, *tawakal*, *husnuzan*, *mindfulness*, *sabar*, dan *ikhtiar*, guna memperkuat aspek psikologis dan spiritual peserta didik.

Metode penelitian menggunakan pra-eksperimen *one group pretest-posttest* pendekatan kuantitatif, yang dilakukan melalui penyebaran angket, wawancara, dan pengamatan langsung. Analisis temuan dilakukan dengan uji Wilcoxon menggunakan perangkat lunak SPSS. Responden peserta didik kelas XI yang teridentifikasi memiliki kecenderungan *overthinking* dalam konteks karir.

Hasil temuan *overthinking* karir peserta didik sebelum perlakuan berada pada kategori tinggi sebesar 88,35%, dan menurun sebesar 10,45% setelah intervensi. Perhitungan *effect size* dengan rumus Cohen's *d* menunjukkan angka 0,33 yang mengindikasikan pengaruh dalam kategori sedang. Temuan ini menunjukkan integrasi teknik cognitive defusion dalam konseling Islami efektif membantu peserta didik melepaskan pikiran negatif dan membentuk perspektif yang lebih jernih terhadap perencanaan karir, serta meningkatkan ketenangan batin melalui pendekatan yang berlandaskan keimanan.

Kata Kunci: *Overthinking*, Cognitive Defusion, Konseling Karir

ABSTRACT

Susi Erliani (2230130024): The Effectiveness of Cognitive Defusion Techniques in Islamic Counseling to Address Career Overthinking (A Study on 11th Grade Students at SMAN 1 Dayeuhkolot).

The phenomenon of overthinking has become a significant psychological challenge among students, particularly in facing the uncertainty of the future and career decision-making. At SMAN 1 Dayeuhkolot, the majority of students experience excessive anxiety, doubt, and difficulty in formulating clear career steps, which impacts emotional well-being and hinders the learning process as well as decision-making. Based on this background, the aim of this study is to analyze the effectiveness of cognitive defusion techniques within the framework of Islamic counseling as an alternative approach to addressing tendencies of career-related overthinking.

This research is based on the Acceptance and Commitment Therapy (ACT) theory developed by Steven C. Hayes, focusing on cognitive defusion techniques—a method that teaches individuals to accept thoughts and feelings without fully identifying themselves with them. In the context of Islamic counseling, this approach is integrated with spiritual values such as tazkiyatun nafs, tawakkul, husnuzan, mindfulness, patience (sabr), and effort (ikhtiar) to strengthen both the psychological and spiritual aspects of students.

The research method employed a pre-experimental one-group pretest-posttest quantitative approach, conducted through questionnaires, interviews, and direct observation. Data analysis was performed using the Wilcoxon test with SPSS software. The respondents were 11th-grade students identified as having a tendency toward career overthinking.

The findings revealed that the level of career overthinking before the intervention was in the high category at 88.35%, which decreased by 10.45% after the intervention. The effect size calculation using Cohen's *d* formula yielded a value of 0.33, indicating a medium-level effect. These results demonstrate that integrating cognitive defusion techniques into Islamic counseling is effective in helping students release negative thoughts, develop clearer perspectives toward career planning, and enhance inner peace through a faith-based approach.

Keywords: Overthinking, Cognitive Defusion, Career Counseling