

# Pengurusan Konflik Guru Bimbingan dan Kaunseling Sekolah Menengah

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Kajian ini bertujuan untuk membina, menguji kesahan dan kebolehppercayaan Modul Pendekatan Rational Emotive Behavior Therapy dalam pengurusan konflik Guru Bimbingan Dan Kaunseling sekolah menengah. Konflik yang terhasil menyebabkan Guru Bimbingan dan Kaunseling mengalami stres. Oleh itu modul ini dibina sebagai satu strategi untuk membantu Guru Bimbingan dan Kaunseling menangani stres. Modul ini dibina berdasarkan kajian kepustakaan Teori Rational Emotive Behavior Therapy oleh Albert Ellis (1995). Hasil kajian perpustakaan telah berjaya membina Modul Pengurusan Konflik yang diaplikasikan menerusi lapan sesi utama yang merangkumi 20 aktiviti sendiri. Sesi 1: Ice Breaking, Sesi 2: Pengenalan Modul Pengurusan Konflik, Sesi 3: A - Peristiwa / C - Emosi Terhasil, Sesi 4: B - Sistem Kepercayaan, Sesi 5: A - Peristiwa / B - Sistem Kepercayaan / C - Emosi Yang Terhasil Sesi 6: Pengajaran Tentang Dispute, Sesi 7: D - Hujah / E - Emosi Baru dan Sesi 8: Rumusan / Penamatan. Dapatan kajian menunjukkan nilai kesahan kandungan modul ialah 88.44%. Nilai kebolehppercayaan modul ialah .915. Modul pengurusan konflik dapat membantu Guru Bimbingan dan Kaunseling menangani konflik di sekolah. Modul ini memberi kemahiran cognitive coping sebagai satu strategi dalam mengurangkan stres Guru Bimbingan dan Kaunseling.

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