

## APPLICATION OF REALITY THERAPY USING THE WDEP TECHNIQUE TO IMPROVE SELF-EFFICACY AMONG VOLUNTEER STUDENTS AT YATAMA AZ-ZIKRA ISLAMIC BOARDING SCHOOL, SAWANGAN DEPOK

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### ABSTRACT

Yatama and Dhu'afa Az-Zikra Islamic Boarding School is an institution under the Al-Amru Bittaqwa Foundation located in the Mampang Indah Dua Housing Complex, Depok. It offers an intensive program aimed at supporting orphaned and underprivileged students in memorizing and thoroughly studying the Quran. This study aimed to describe self-efficacy levels and assess the outcomes of implementing reality therapy using the WDEP technique to improve the self-efficacy of volunteer students serving at the Yatama Az-Zikra Islamic Boarding School. The therapy was systematically carried out in 10 sessions. The research applied a quasi-experimental method with data analysis techniques using pattern matching and development result analysis. The study involved five volunteer students as subjects. Self-efficacy was measured using the General Self-Efficacy (GSE) scale developed by Schwarzer & Jerusalem, in pre-test and post-test formats. The pre-test results showed an average group score of 11, which falls into the low self-efficacy category. After the implementation of reality therapy using the WDEP technique, the subjects demonstrated more calmness, tranquility, activeness, confidence, increased motivation, clearer career choices, and greater persistence. These improvements were supported by post-test results, which showed an average group score of 30, placing them in the fairly high self-efficacy category.

**Keywords:** General Scale of Efficacy (GSE), Self-efficacy, Reality Therapy.