

# Effectiveness of Behavioral Counseling Theory with Lesson Study Through Modeling Techniques to Improve The Nature of Sympathy and Empathy Class Second Grade MIA 8 SMA Negeri 1 Denpasar

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**Abstract.** This research is a quasi research ("Quasi Experiment"). The purpose of this study was to Determine the effectiveness of modeling and sociodrama behavioral counseling techniques in self-assurance models for students of class XI MIA 8. The process of collecting the data in this study used observation sheets, interview sheets, diaries and self-assurance questionnaires. t-test. The results of this study experimental group treated with modeling techniques indicator 3 produces Tcount = 2.18> Ttable = 1,994. From this study and sociodrama effective modeling techniques to Improve The Nature Of Sympathy And Empathy students of class XI MIA 8 in SMA 1 Denpasar

**Keywords:** Behavioral Counseling, Modeling Technique, Sociodrama Technique

## 1 Introduction

Education is a human need. Education is always changing, the development and improvement in accordance with developments in all areas of life. Changes and improvements in education include various components involved in it both the executive education in the field (the competence of teachers and the quality of teachers), quality of education, the device curriculum, educational facilities and the quality of management education, including changes in the methods and learning strategies more innovative. The results of observations conducted on students in class XI MIA 8 SMAN 1 Denpasar, it is known that there are some students who experience symptoms of Improve The Nature Of Sympathy And Empathy, which have been classified into three categories, including students who have "the Nature of sympathy and empathy" relatively high, relatively moderate and relatively low.

### 1.1 Characters Sympathy and Empaty

The character of Improve The Nature Of Sympathy And Empathy helping others is the need to get help from others, including being able to help other people if in difficult circumstances, seeking support from others, having the character of sympathy towards other.

### 1.2 Application of Sympathy and Empaty

The application of character Sympathy and Empaty can be done by modeling or technique. Students can apply modeling techniques by demonstrating job simulations that are in accordance with the character of helping others. After that, students do one stay two stray to find out the results of discussions from other groups. After one stay, two stray students do the sociodrama that has been made with the theme character helps others and displays it in front of the class. After doing a sociodrama, the writer did a placebo technique, where one of the students will be presented with positive and negative attitudes by 2 friends In the placebo technique it has a code of ethics that is not to be angry, resentful, and offended. After doing the placebo technique students will read the diary that has been made. Then students fill out a questionnaire that was shared by the author. Finally, students fill out reflection journals about the activities of Classical Guidance services that have been carried out.

### **1.3 Behavioral Theory**

Behavioral counseling is also known as behavior modification which can be interpreted as an action that aims to change behavior. According to Gerald Corey (2013: 196) behavior therapy is the application of a variety of techniques and procedures rooted in various theories about learning. In behavioral therapy, the application of the principles of systematic learning is included in changing behavior toward more adaptive ways. According to Dharsana (2004: 119) behavioral theory is a comprehensive theory and also an attempt based on experiments to explain the principles and rules of how human behavior is studied. The main emphasis is on most of the whole which is influenced by the environmental conditions that are urgent in learning and the balance of certain forms of behavior. From some of the meanings above, it can be concluded that behaviorism counseling is a counseling process (assistance) given by the counselor to the counselee / client using behavioral approaches, in terms of solving the problems faced and in determining the direction of life what the client wants to achieve. From these definitions it can be seen that behavioral is a systematic and structured approach to the principle of learning to change maladaptive behavior into adaptive behavior.

### **1.4 Modeling Technique**

According to Dharsana (2016) modeling techniques are ways to introduce, and counselors provide models that have the character of helping other people to be able to do so, students are asked to imitate the model provided by the counselor. (Adi, Ananda, Dharsana, & Suarni, 2017; Adiputra, 2015; Ardana, Dharsana, & Suranata, 2014; Ayu, Wati, Suarni, & Dharsana, 2017; Damayanti & Aeni, 2016; Kadek Pigura Wiladantika, I Ketut Dharsana, 2014; Lestari, 2015; Sadewi, 2012). In line with this definition, Komalasari et al. (2014: 176) suggests modeling techniques are ways used by counselors to improve the character of helping others through characterization, characterization in question such as characterization through films, imaginary figures (imaginary), and so forth. Modeling is also called imitation.

## 2 Methodology

The definition of random sampling is sampling of members of the population is done by selecting samples randomly, regardless of the strata that exists in that population. All objects in one class are considered to have the same opportunity to be taken as a sample (Dantes, 2012). This study took the number of students who showed character criteria to help other people who were moderate or low as many as 36 students. To collect data about characters to help other students and to obtain accurate data, in this study using several data collection techniques and their respective data collection devices, namely: (1) Questionnaire, (2) Observation Method, (3) Interview Method, (4) Diary Book . Starting from the results of the normality test and character homogeneity of data to help others above, it can be said that the requirements for testing hypotheses with a t-test can be fulfilled. Therefore, hypothesis testing can be continued by using the Paired Sample Test technique. The results of the t-test are as shown, the t-test value is sig. sig. 0.05. Thus, the null hypothesis (H0) which states that there is effect effect on effectiveness effectiveness of Ivan Pavlov's behavioral counseling with modeling techniques to improve the character of helping others students can be trained to carry out communication standards (smile, greetings, greatting). greatting). Trained in a manner that is good, polite, effective, and communicative so that students are able to have the character of helping others.

## 3 Results and Discussion

The results of questionnaires given to students at the end of the implementation of the research show that every student has increased character Sympathy and Empaty. The data score improvement of male and female in one character Sympathy and Empaty indicator can be seen in Table 1 below.

**Table 1.** Score improvement in indicators 3 of character Sympathy and Empaty

Indicator	mean	δ	High		Low		Before		After	
			f	%	F	%	t <sub>count</sub>	t <sub>table</sub>	t <sub>count</sub>	t <sub>table</sub>
Is sympathy and empathy	4:08	0.84	147	82	1	1	2:18	1994	2:18	1994
Male Village	4:14	0.86	58	83	1	1	4:16	2055	4:16	2055
Rural women	4:05	0.84	89	81	0	0	2:26	2,018	2:26	2,018

Indicators which read sympathy, and empathy are self-nurturance class XI student of SMAN 1 Denpasar MIA 8 shows the price tcount, compared to the price of the table with db t = n1 + n2 -2 = 72-2 = t Table 70. Price for db 70 and with a significance level of 5% (a= 0:05) was 1,994. Thus, the price of t is greater than t table price, so H0 is rejected and Ha accepted. This means, there are significant differences third indicator is sympathy and empathy in student's XI MIA 8 SMAN 1 Denpasar between before and after using the theory of behavioral counseling by modeling techniques and sociodramas. Conclusion: The application of behavioral counseling theory by modeling techniques and techniques affect the improvement indicator sociodramas three help a friend in trouble in class XI MIA 8 SMAN 1 Denpasar.

The results of questionnaires given to students at the end of the implementation of the research show that every student has increased self-nurturance. The data score improvement in four self-nurturance indicator can be seen in Table 2 below.

**Table 2.** Data score increase character Sympathy and Empaty

Indicator	Mean	$\delta$	Before		After	
			$t_{count}$	$t_{table}$	$t_{count}$	$t_{table}$
Male Village	126.50	4:54	1:24	2055	1:24	2055
Women Village	128.09	3:08	7:22	2,018	7:22	2018

Thus, the price of  $t$  is greater than  $t_{table}$  price, so  $H_0$  is rejected and  $H_a$  accepted for Rural Women. This means, there is a significant difference in the self-endurance XI student of SMAN 1 Denpasar MIA 8 between before and after using the theory of behavioral counseling by modeling techniques and technique's sociodramas.  $t$  lower price than the price  $t_{table}$ , so  $H_0$  is accepted and  $H_a$  is rejected for Boys Village. This means, there are no significant differences in character Sympathy and Empathy XI student of SMAN 1 Denpasar MIA 8 between before and after using the theory of behavioral counseling by modeling techniques and technique's sociodramas. The results of calculations found that the indicator is sympathy and empathy, from baseline showed an increase from 1 percent. The increase in this score means that the indicator is sympathy and empathy using behavioral counseling theories with Modeling techniques, cannot increase significantly.

#### 4 Conclusion

Use of Self RPBK character Sympathy and Empathy with Behavioral theory very effectively done in the classical students could improve their character Sympathy and Empathy after getting classical services provided by the author. Application of character Sympathy and Empathy, can use modeling techniques and sociodramas, where the author displays the video, so that students can copy or imitate the attitude of people who owned a high character Sympathy and Empathy. In addition, the application can be done by providing sociodramas performances, where the selection of the characters to be adapted to the needs of the student character Sympathy and Empathy.

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