The Effect of Behavioral Counseling Theory with Modeling Techniques Through Lesson Study to Improve Attention to Opposite Sex

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Abstract. This study aims to determine the influence of behavioral counseling theory modeling techniques through the Lesson Study method to increase attention to the opposite sex. The research population is 35 students. This research sample 15 students, with Pretest-Posttest Control Group Design. Data collection uses attention questionnaires against the opposite sex. From the results from the analysis t_{count} 8.275 > t_{table} 1.667 there are significant differences. So it can be concluded that behavioral counseling modeling techniques through effective lesson study to increase attention to the opposite sex. Based on the results of the analysis and discussion above, it can be stated that the proposed hypothesis is accepted based on the significance level of 5%. The conclusions in this study are the Effect of Behavioral Counseling Theory by Modeling Through Lesson Study to Increase the attention of the opposite sex.

Keywords: behavioral counseling, modeling, lesson study

1 Introduction

The results of observations conducted on 35 students in class X Hospitality Accommodation 5 of SMK Negeri 2 Singaraja, it was known that there were some students who experienced the symptoms of attention to the opposite sex which were classified into three categories, including students who had attention to the opposite sex were classified as high, classified as moderate and relatively low. The symptoms shown are that some students who experience symptoms of self-affiliation are classified as low, such as being unable to get along with the opposite sex. In addition, there are some students who experience symptoms of self-affiliation that are like being able to give attention to the opposite sex. In addition, there are some students who experience high levels of self-affiliation symptoms such as being able to provide affection for the opposite sex...attention to opposite sex to Dharsana (2013: 1001) "attention to the opposite sex is the need for sex with other people," including associating with the opposite sex, having compassion for the opposite sex, having a concern for the opposite sex. Based on these definitions attention to the opposite sex in this case contains 3 indicators: 1) associating with the opposite sex, 2) affection for the opposite sex, 3) attention to the opposite sex. ("© Червінська Т. Г., 2015 59 °," 2015; Ann & Ba, 1998; Bednárová, 2015; Foucault, 1976; Men & Men, 2002; N &Toàn, 2011).

2 Methodology

The application of attention to the opposite sex can be done by modeling or technique. Students can be trained to carry out communication standards (smile, greetings, greetings, getting). Trained in good, polite, effective and communicative ways of communication. The application in this personal field is to influence one individual to gain trust and be able to persuade the person, for example, student A is confiding in his friend, B, he dares to tell all that because B gets full trust from A In addition, the application is carried out by giving a sociodrama performance, where the selection of characters must be adjusted to the students' self-affiliation needs which have been adjusted to the procedures and sociodrama steps below what will be elaborated. After the technique was carried out continued with group guidance, group counseling, and finally on individual counseling. So that later students can apply the self-affiliation into the personal field. Ivan Pavlov's behavioral counseling theory. Philosophical Views Behavioral counseling theory contains philosophical or views on affiliate self, which is about emphasizing changes in behavior in habituation. Behavioral counseling theory Ivan Pavlov that every human needs change and will experience a change in his behavior as a result of the interaction between stimulus and response, in other words, learning is, changes experienced by clients or students in developing their ability to improve behavior in new ways from the results of the interaction between the stimulus and response obtained because as it is known that "Behavioral   Counseling is a counseling theory that emphasizes human behavior, which is basically formed and determined by the environment, and all of its behavior is learned or obtained because of the training process. Therefore, the goal of behavioral counseling is to form and maintain Self Affiliate behavior so that the Affiliate Self can be raised and applied in the personal, social, learning and career fields. (Aini, Fatmaningrum, & Yusuf, 2011; Akerlof, 2002; Anderson, 2010; Antari, Suarni, &Sulastri, 2013; Carlsson&Carlsson, 2009; Dharsana, 2013a, 2013b, 2014a, 2014b; Ernawati, Suharto, &Dewi, 2015; Huda, Rini, Mardoni, & Putra, 2012; I KetutRedita, KadekSuranata, 2014; MAgusSantiPurnama, NiKetutSuarni, 2014; Misu, 2014; Orléan, 2004; Rohadian, 1999; Sutama, Suranata, &Dharsana, 2014; Sutarjo, Wmp)Procedure Behavioral counseling theory contains the following procedures for increasing attention to the opposite sex) Observing the symptoms of student self-affiliation by observing student behavior in the classroom) Tabulate the symptoms of attention to the opposite sex by entering the initial data of student observation into the table) Analyzing the symptoms of high, medium and low self-affiliation of students) Identify the symptoms of attention to the opposite sex by making observations through observation and interviews) Diagnose high, moderate and low student affiliations) Perform prognosis, namely determining ways to improve self-affiliation with the socisodrama techniques) Take action / treatment of students who experience high, moderate and low symptoms of attention to the opposite sex with sociodrama techniques modeling Technique According to Dharsana (2016) modeling techniques are ways to introduce and counselors provide models who have high mechanical talent to be able to do that, students are asked to imitate the models provided by the counselor (Adi, Ananda, Dharsana, &Suarni, 2017; Adiputra, 2015; Ardana, Dharsana, &Suranata, 2014; Ayu, Wati, Suarni, &Dharsana, 2017; Damayanti&Aeni, 2016; KadekPiguraWiladantika, I KetutDharsana, 2014; Lestari, 2015; Sadewi, 2012).

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In line with the definition, suggesting, modeling techniques is a method used by counselors to improve attention to the opposite sex through characterization, characterization in question such as characterization through films, imaginary figures (imaginary), and so forth. Modeling is also called imitation, which shows that the behavior of others that are observed, imitated, is more of an imitation of what is seen and observed the learning process through observation shows the occurrence of the learning process after observing behavior in others. To improve the affiliation of students the researchers used modeling techniques. Modeling techniques are not just imitating or repeating what people do (other people), but modeling involves adding and or reducing observed behavior, identifying various observations at once, involving cognitive processes (Alwisol, 2009). Sociodrama Technique Sociodrama is a counseling technique that is given by presenting a brief drama performance given in helping to shape and improve attention to the opposite sex(Cummins, Gass, Hudelson, Hudson, & Master, 1978; Putriyani, 2012; Telesco, 2006)

3 Results and Discussion

RPBK attention to the opposite sex effective in schools. Judging from the questionnaire scores, diary scores, and student responses from daily journals that are increasingly increasing. Besides that, it was also seen from the students' behavior from attention to the opposite sex which began to change such as: students could get along with the opposite sex, marrying attention to opponents and also mamou giving affection to the opposite sex of other people able to cooperate and increase the friend's loyal attitude. Besides that, it is also seen from the behavior of students

Table 1. Indicator

INDICATOR 3					
Score	$\bar{X}$	σ	t_{count}	t_{table}	Information
Pre-Test	35.63	7.22	8.27534	1.66757	Significant
Post-Tes	43.03	2.56	8.27534	1.66757	Significant

Indicator that reads Working together with other people to the attention to the opposite sex of student's X Acomodation of hotel SMK Negeri 2 Singaraja indicator score 3 pretest shows average = 35.63 SD = 7.22, tcount = 8.27534 and ttable = 1.66757 significant and indicator score 3 post-test shows Average = 43.03 SD = 2.56, tcount = 8.27534 and ttable = 1.66757 significant, so tcount = 8.27534> ttable = 1.66757. This means that the student has attention to the opposite sex. In the technique of one stay, two stray students do sociodramas that have been made with the theme attention to the opposite sex and present them in front of the class. writer sociodramas do the placebo technique, where one of the students will be conveyed 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

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students will read the diary that has been made. Then students fill out a questionnaire that was shared by the author. Finally, students fill a reflection journal about service activities. By following each stage in lesson study, it will help bring an active classroom atmosphere and strengthen the relationship between the teacher and students and students with other students.

4   Conclusion

The results of this study indicate that students' attention to the opposite sex following counseling behavioral counseling modeling technique is more increasing than that of class X Acomodation of hotel 5 SMK 2 Singaraja students. Based on this statement, we can say that behavioral counseling theory is the right technique to be applied in schools. For that, counseling teachers (counselors) should use behavioral counseling theory modeling techniques as an alternative in giving to students.

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