

Effectiveness of Application Behavioral Counseling Ivan Pavlov Lesson with Through Modeling Techniques To Improve Self Study Class X Mia Deference SMA Negeri 1 Denpasar

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Abstract. This study aims to Determine the effectiveness of Ivan Pavlov's behavioral counseling with modeling techniques through the LS method to improve self- deference. The sample of this study is classX MIA 1 Middle School 1 Denpasar, The collection of self- deferenceData in this study uses observations, questionnaires and diaries. So that it can be concluded that there is a high effectiveness in behavioral counseling Ivan Pavlov using modeling techniques in increasing the affiliation of students of classX MIA 1 Denpasar Middle School 1.

Keywords: Ivan Pavlov's behavioral counseling, modeling techniques, deference Self.

1 Introduction

The results of observations conducted on 36 students in Class X MIA 1 SMAN 1 Denpasar, it is known that there are some students who experience symptoms of Self deference which have been classified into three categories including students who have "Self deference" relatively high, relatively moderate and low. Symptoms shown that the majority of students who experience symptoms of low self-deference classified as incapable Receive suggestions from others. In addition, there are some students who experience symptoms such as self deference being able to obtain information on to others and able to follow instructions and accept. In addition, there are some students who experience symptoms deference relatively high self as very capable capable Receive suggestions from others.

1.1 Self Deference

Self Deference is the need to obey the order or rule includes receiving suggestions from others, get a description of what other people think, follow the instructions and do what is expected. (Dharsana 2010: 1000Abele & Wojciszke, 2007; Axelrod, 1981; Bernasconi & Strassmann, 1999; Dharsana, 2010; Duru & Balkis, 2016; Gächter & Thoni, 2005; Gray, 2004; Holt & Beilock, 2006; Lohr, 2013; Loro, Costruzione, and Della, nd; Mcdonald, Mccabe, Lau, & Hough, 2005; Mohammadipour & Rahmati, 2016; Nurulaen, 2011; Rezende, 2002; Rustiarini, 2013; Schwaber, 2009; Trigilia, 1999; Zald & McCarthy, 1979).

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Based on these definitions then self succorance in that it contains three indicators, namely: (1) Allied with others Traffic to form friendships with others. (2) Faithful is the ability of individuals to develop empathy, the ups and downs always with friends and be able to accept the advantages and shortcomings of others (3) Collaboration is the ability of individuals to develop a sense of unity and get things done together.

1.2 Application of Self Deference

Application of self deference can be done by or modeling techniques. Students can be trained in the communications standards (smells, greetings, greetings, gritting). Trained way good communication, courteous, effective, and communicative. Applications in this private field which affects on one individual to gain confidence and be able to persuade that person, let's say a student is being confide in her that is B, he dared to tell all that because B gained the full confidence of A In addition, the application is done by providing a sociodramas performances, where the selection of the characters to be adapted to the needs of the student self deference that have been adapted to the procedures and steps sociodramas under which will be outlined. After the technique followed by group counseling, group counseling, individual counseling and the last on. So that students can apply the self deference into a private field.

1.3 Ivan Pavlov's theory of behavioral counseling

The view contains a philosophical theory of behavioral counseling or a view towards Self deference is about on behavioral changes in habituation. Counseling theories Behavioral Ivan Pavlov that every human being needs a change and will experience a change in behavior as a result of the interaction between stimulus and response in other words, learning is, the changes experienced by the clients or students in developing their ability to improve the behavior in new ways as the result of the interaction of stimulus and response nature obtained because as has been known that "behavioral counseling is counseling theory that emphasizes human behavior is basically shaped and determined by the environment and all behavior is learned or acquired for the training process. Therefore, behavioral counseling goal is to establish and maintain behavior Self deference Self deference that can be raised and applied in the field of personal, social, learning and career. (Aini, Fatmaningrum, & Joseph, 2011; Akerlof, 2002; Anderson, 2010; Antari, Suarni, and Sulastri, 2013; Carlsson & Carlsson, 2009; Dharsana, 2013a, 2013b, 2014a, 2014b; Ernawati, Suharto, and the Goddess, 2015; Huda, Rini, Mardoni, & Son, 2012; I Ketut Redita, Kadek Suranata, 2014; MAgusSantiPurnama, NiKetutSuarni, 2014; Misu, 2014; Orlean, 2004; Rohadian, 1999; Sutama, Suranata, & Dharsana, 2014; Sutarjo , WMP, and Suarni, 2014; Wiladantika, Dharsana, & Suranata, 2014; Yulianti, Syahlani, & Haryadi, 2012).

Procedure Contains behavioral counseling theories deference self improvement procedures as follows:

- Observing the symptoms of self deference students to observe student behavior in the classroom
- Tabulate the symptoms of self deference by entering the data in the observation of students into the table
- Analyzing the phenomenon of self deference students of high, medium and low

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- Identifying the symptoms of self deference by observing through observation and interviews
- Up diagnosis of the self deference students of high, medium and low
- doing prognosis is determine how to improve the technique of self deference sociodrama
- Take action / treatment students who are experiencing symptoms of self-affiliation of high, medium and low with techniques sociodramas

1.4 Modeling Technique

According Dharsana (2016) modeling technique is a way to introduce and counselors provide a model that has a high mechanical aptitude to be able to do that, students were asked to replicate the model that has been provided by counselors(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; Lester, 2015; Sadewi, 2012), In line with this definition, proposed modeling technique is the means used by counselors to improve self affiliates through characterization, characterization is such characterizations through the film, a character's imagination (imaginary), and so forth. Modeling also called mimesis (imitation), which indicates that the observed behavior of other people, imitated, more an imitation of what is seen and observed process of learning through observation indicated that a learning process after observing the behavior of other people. To improve students' self deference researchers used modeling techniques. Mechanical modeling is not just imitating or repeating what do the models (others), but modeling involves the addition or subtraction of the observed behavior, various observations, involves the cognitive processes (Alwisol, 2009).

1.5 Mechanical Sociodramas

Sociodrama is a counseling technique is given by displaying a short drama performances were given in helping to shape and improve self deference. (Cummins, Gass, Hudelson, Hudson, & Masters, 1978; Putriyani, 2012; Telesco, 2006).

2 Methodology

From the results of the initial observational data, the authors analysis of questionnaire and diary. There are students who show symptoms of Self deference are positive (+) and negative (-). Quantitatively, the number of students who show symptoms of Self deference are positive (+) as many as 20 people and who show symptoms of Self deference negative (-) as many as 15 people. In percentages, 57% of students showed symptoms of Self deference is positive (+) and 43% of students showed symptoms of Self deference negative (-). Thus, from these preliminary data it can be seen that the class X MIA 1, is showing symptoms of Self deference are positive (+) of the negative (-). to improve Self deference classical authors carry out guidance to class X MIA 1. In carrying out the Guidance classical authors first explain their understanding of Self deference and indicators contained in the sense that the author of Self deference After displaying video associated with Self deference students understand more about the Self deference Then the students conduct a discussion by forming 3 groups.

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Each group discusses one indicator Self deference After the students had a one stay two stray to know the results of the discussion of other groups. After one stay two stray students do sociodrama that have been created with the theme of Self Affiliate and display it in front of the class. After doing sociodrama authors conducted a placebo technique, where one of the students will be presented both positive and negative attitudes by two of his friends. In a placebo technique has a code of ethics that should not be anger, resentment, and irritability. After conducting a placebo engineering students will read the diary that has been made. Then the students filled out questionnaires that have been distributed by the author. Recently students fill reflective journal on classical Guidance service activities that have been carried out.

3 Results and Discussion

Self RPBK deference very effectively implemented in the school. Judging from the questionnaire score, score diary, and student responses from a daily journal of ever increasing. It is also seen from the behavior of self deference students that started to change as: students are able to able to give the building a relationship or fellowship with other people able to work together and increase loyal attitude. It is also seen from the behavior of students of deference that began to change as: the student is able to provide assistance to others, students get encouragement from others to achieve a clear result, a person needs to have a sympathetic nature to help others.

4 Conclusion

The results showed that students who take the self deference behavioral counseling counseling Ivan Pavlov's theory modeling techniques more increased than in class X MIA SMAN 1 Denpasar. Based on this statement we can say that the theory of behavioral counseling Ivan Pavlov proper modeling techniques applied in schools. To that end, the counseling teachers (counselors) should use behavioral counseling Ivan Pavlov's theory modeling techniques as an alternative to give to the students.

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