

Application of Behavioral Counseling with Modeling Techniques to Improve Something New and Different Through Lesson Study

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Abstract. This study aims to determine the effectiveness of behavioral counseling Ivan Pavlov with modeling techniques to improve something new and different. The sample was taken from 29 students using modeling techniques. The collection of data is something new and different in the study using the 30 item questionnaire (something new and different). Then the results of the questionnaire were analyzed by Formula Product Moment and T-test and concluded that $t_{count} 4.31 > 2.02 t_{table}$, that H_0 is rejected and H_a accepted. It can be concluded that there is a high effectiveness in behavioral counseling Ivan Pavlov using modeling techniques in improving something new and different.

Keywords: behavioral counseling, modeling, lesson study

1 Introduction

Based on research observations from 29 students the researchers saw 20 students showing symptoms such as showing attitude as students seemed very inclined to negative Self Change, the study found 9 other students had symptoms such as those that were very easy to develop positive talents. Symptoms of these students can be said to show symptoms of "Self Change." Self Change is the need to make changes covering new and different things, take a trip, meet new people, look for new experiences and change them every day. (Dharsana, 2013; Prihatsanti, 2010; Prochaska & DiClemente, 1983) (Coyle, Bardi, & Jr, 2004) (Sigurður Thorlacius, Stefánsson, & Jónsson, 2001) (Derrickson, 1980; Pro, 2005) (Mancal/2008 (Peci, 1999) (Processos & Dos, 2016) (Serra, 1988) (Katz, 1960) (Commercials, 2015) (Theater, 2010) (Auto-conceito, 2005) (Bernardo, 2003) (De, 2009) (Benedetti, 2003) (Ottaviano, Lógica, Grupo, & Teórica, 2004) (Lisetskii, 2014) (Yoga, ..., & 2017, 2017) (Yoga, ..., & 2017, 2017) (Riana, Riana, Dharsana, & Lestari, 2017)

1.1 Something new and different

The application of Self Change can be done by modeling techniques through classical guidance, then continued with group guidance, then with group counseling then with individual counseling. So that later students can apply the self-change into the personal, social, learning and career fields. The application is to provide modeling that can improve self-change.

1.2 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 so, 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; 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 mechanical talent 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 toward other people who 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 mechanical talent of students 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).

2 Methodology

From the initial data obtained, some students showed a low Self Change. The application of self-change, can be done with behavioral theory by using modeling techniques and sociodrama techniques or psychodrama. 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 can persuade the person, for example, student A is confiding to his friend, B, he dares to tell all that because B has sympathy towards A. This research takes the number of sample's students who show the self-Change criteria medium and low as many as 29 students. To collect data about self-change 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

3 Results and Discussion

RPBK self Change is very effective in schools. Judging from the questionnaire scores, diary scores, and student responses from daily journals that are increasingly increasing. Besides that, it is also seen from the students' behavior from self-deference, which starts to change such as: students are able to provide assistance to others. Students get encouragement from others to achieve a clear result, someone's need to have sympathy to help others. In applying behavioral counseling Ivan Pavlov using modeling techniques to improve self-change, counselors are required to plan and implement the process in accordance with the procedures and steps in the counseling technique. Counselors are also required to be creative by providing new innovations in conducting counseling services in order to make counselees

interested in following the service process so that the problems experienced can be disclosed openly and get problem solving in accordance with the counselee's needs. In the class action process given many obstacles, but with seriousness and seriousness of the researcher all obstacles that hinder the research process can be overcome. Apart from the seriousness and seriousness of the researcher, there is also interference from people around the researcher who provide support for the implication for BK teachers or counselor is that they should provide more planned and systematic counseling services in accordance with the procedures and steps in counseling techniques. In addition, counselors must be more active in seeking information and adding insight into new things in order to enrich themselves with more varied counseling techniques and can be applied in counseling services in schools. Counselors as counselors in schools must be able to facilitate and direct the counselee in accordance with their potential and help reveal and help resolve counselee problems both in the personal, learning, social and career fields. With the right technique and in accordance with the characteristics of the counselee's problems, the counseling service process will run effectively and efficiently. With this, it is then compared with the ttable price with $dk = n1 = n2 - 2 = 64 - 2 = 62$. With $dk = 70$, and if the error rate is set at 5% then $t_{table} = 2,000$. The t_{count} is greater than t_{table} , ($4.31 > 2,000$) so H_0 is rejected and H_a is accepted. So there are differences. significantly, the value of the student questionnaire before being given service and after given service. After being given the value service the student questionnaire in the working sample increased. Then it can be stated that the provision of services on training effects increasing the value of student questionnaires. The implication for BK teachers or counselors is that they should provide more planned and systematic counseling services in accordance with the procedures and steps in the counseling technique. In addition, counselors must be more active in seeking information and adding insight into new things in order to enrich themselves with more varied counseling techniques and can be applied in counseling services in schools. With the right technique and in accordance with the characteristics of the counselee's problems, the counseling service process will run effectively and efficiently.

Table 1. Results of T-Test Indicator 1

Data	X	Ql	t_{count}	t_{table}	Information
Pre Test Male	14,20	2,66	1,70	1,679	Significant
Men Post Tes	17,00	1,76	1,70	1,679	Significant
Pre Test Application	14,38	2,53	3,63	1,679	Significant
Female Post Test	16,63	1,76	3,63	1,679	Significant

The one indicator that reads something that is different and different from self-Change students VIII B Kediri State Junior High School 1 which is male and female has a significant meaning means having a high self-Change. This means that students have new and different behaviors.

Table 2. Table of Frequency of Men and Women Indicator 1

Indicator 1	High		Low	
	F	%	f	%
Something new and different	72	62,06	13	14,94%
Village Men	38	32,75%	5	5,74%
Village Women	34	29,31%	8	9,19%

4 Conclusion

The results of this study indicate that Self Change students who follow behavioral counseling Ivan Pavlov using modeling techniques are more increasing than students in the control group. Based on this statement, we can say that Ivan Pavlov's behavioral counseling uses modeling techniques to be applied right in school. The application of behavioral counseling Ivan Pavlov using modeling techniques has implications for the planning and development of counseling service models in terms of techniques and procedures for service activities provided to counselees. From the results from the research analysis, the results obtained are found that service's counseling will be more effective if the counselee in implementing services is facilitated by behavioral counseling Ivan Pavlov using modeling techniques.

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