

Effectiveness of Cognitive Counseling Modeling Technique Through Lesson Study to Improve Resolving Something Behavior self achievement Class X SMK Negeri 2 Singaraja

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Abstract. This study aims to determine the effect of cognitive counseling with modeling techniques to improve the self achievement of students and differences in behavior adjust something well and will succeed. The population of this study population was 64 student with a sample of 32 students. This type of research is quasi experiment, with pretest and posttest control group design. The method of collecting data uses a behavioral question are to get things done well and will succeed in 30 items. Result of data analysis $t_{hitung} > t_{tabel}$ 1.724, so there are significant differences. It can be concluded that cognitive counseling modeling techniques through lesson study effectively improve the behavior of completing things well and will succeed in class X SMK N 2 Singaraja.

Keywords: kognitif, modeling, lesson study.

1 Introduction

Based on the results of research observations from 32 students researchers saw 20 students showing symptoms such as showing attitudes like students seemed very inclined to character helping others who were negative. The study found 16 other students had symptoms such as those that were very easy to develop character traits helped other people who are positive. Symptoms of these students can be said to show symptoms of "character helping others."

1.1 Characters self achievement

Self achievement is the need for achievement including completing things well and will succeed, completing tasks and requiring effort followed by expertise and skills, completing something very important; (Dharsana, 2010: 1000 Alam & Mia, 2006; Anne & Price, 1972; Barakatu, 2007; Elliot & Murayama, 2008; Faizin, 2014; Federation, 2015; Furtner & Rauthmann, 2011; Hansemark, 2003;) From the above definition contains 3 indicators, namely: 1). Resolve things well and will succeed. 2). Complete tasks and require effort followed by expertise and skills. 3). Able to accomplish something very important, and better than anyone.

1.2 Application self achievement

Observation of researchers at the X class of Singaraja 2 nd Vocational School, from 32 research students saw 11 students who showed the following symptoms found, unable to complete the task properly, unable to try to complete the task, not sure to be the best. But on the other hand 21 other students have symptoms that are found to be able to complete the task properly and correctly, able to complete the task followed by effort and skills, able to be sure to be the best .. Symptoms like this can be called self achievement.

1.3 Kognitiv Theory

Dharsana (2014: 215) states that the goodness of the Cognitive counseling model is cognitive counseling theory that behavior is orderly and that experiments that are carefully controlled, this theory approach does not reduce certain philosophical assumptions about humans directly, everyone is seen as having positive tendency, same chievement. The basic reason is that all behavior is learned, including chievement behavior. If Chievement leamed's behavior, then he can be (deleted from memory), and more effective behavior can be obtained. Lennon, & Bozick, 2010; Sari, 2008; Schüler, Sheldon, & Fröhlich, 2010; Shaw, 1961; Thrash & Elliot, 2002; Thrash, Elliot, & Schultheiss, 2007;

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 . The sampling technique used is the "Simple Random Sampling" technique by selecting students who have low self-achievement. So, it can be seen that the sample in this study is class X students. The method used to collect data is observation, questionnaires, interviews and diaries. The instrument used is in the form of statement sheets or given to the respondent directly.

3 Results and Discussion

RPBK character helps other people very effectively implemented in schools. Judging from the questionnaire scores, diary scores, and student responses from daily journals that are increasingly increasing. In addition, it is also seen from the students' behavior from the character helping others who begin to change such as: students are able to characterize others.

Table 1. Well and Will Succeed

Indicator 1	High		Low	
	F	%	f	%
Well and Will Succeed	159	78,3	30	30,19
Village Men	67	45,65	10	9,41
Village Women	56	25,19	44	12,96

Research data shows that class X students have the well and will succeed with a height of 78,3% and a low of 30,19% while men from villages who have a high frequency of 45,65%, low 9,41%. Women from villages who have a high frequency of 25,19% and a low of 1,96%.

4 Conclusion

Based on the results of analysis and discussion, it can be concluded that there are differences in influence between students who take cognitive counseling Modeling techniques and students who do not follow behavioral counseling Modeling techniques. The results of the study support that the value of tcount is 2.46 with a significance level of 5% then $2.46 > 1.724$ so that H1 can be concluded. Based on ES value = 1.03 according to the criteria in CHAPTER III, this means that class X Singaraja N 2 Vocational School This proves that there is effectiveness in the implementation of Behavioral Counseling Modeling techniques to improve Self Achievement of class X students of N 2 Singaraja and the results show that tcount is obtained = 9.86 with a significance level of 5% $df = nk = 21 - 1 = 20$, then $t_{table} = 1.724$. based on these results it can be concluded that the value of tcount > t table or $9.86 > 1.724$ so that it can be concluded H2 is accepted, this also proves that there is Effectiveness of Cognitive Counseling Modeling Techniques Through Lesson Study to Improve Resolving Something Behavior Well and Will Succeed Class X SMK N 2 SINGARAJA.

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