Implementation of The Behavioral Ivan Pavlov Conservation Theory with Modeling Techniques on Lesson Study Setting to Improve Self Achievement Students of The XI Class of Ibb SMA Lab Undiksha

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Abstract. This study aims to determine the application of behavioral counseling with modeling techniques to improve something well done and students will succeed through eleven lesson study class. This type of research is quasi-experimental with pre-test and post-test control groups. A sample of 22 students with df 21. The method of collecting data using questionnaires completed things well and students will succeed are 30 items. The results of the data analysis are the values of tcount 4,971 and ttable1,720 with (4,971 > 1,720) so that Ho is rejected and Ha is accepted. So there is a significant difference. It was concluded that behavioral counseling with modeling techniques to improve things well and will succeed students.

Keywords: behavioral, modeling, lesson study

1 Introduction

The results of observations conducted on students in class XI SMA LAB UNDIKSHA IBB, it is known that there are some students who experience symptoms of Self achievement, which have been classified under three categories, including students who have "self-achievement' achievement" is high, classified as moderate and low. Symptoms shown that the majority of students who experience symptoms of low self- Achievement classified as not finish things well and be successful, complete the task and require businesses followed expertise and skills, able to accomplish something that is important, as well as better than anyone else. In addition, there are some students who experience symptoms Achievement relatively high self as capable finish things well and be successful, complete the task and require businesses followed expertise and skills, able to accomplish something that is important, as well as better than anyone else.

1.1 Self Achievement

Self Achievement the need for achievement includes complete something well and be successful, complete the task and require businesses followed expertise and skills, accomplishes something important to say, carrying out something difficult work, solving difficult problems, would be able to do something better, write a drama, the famous novel (Dharsana 2010: 1000; Grube,2009; Schunk, nd, 1981; Winter, 2002;; Ghazanfari &Nazari,

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2013; Italiana, 2002; Machethe, 2010; Nijmegen and The, 2017; Picciano, 2002; Pityana, 2002; René Nadal R, 1992; Ş, Ek, and Bayrakçeken, 2004; Toan, Ng, Unverricht, & Statteger, 2011; Universitet, 2007; Vang, 2003; Viel, Sc, Général, and Afrek, 2000; Watson, 2016; Weiner, 1985; Woodcock & Johnson, 2011;, 2000).

The following describes these indicators are as follows:
- Get things done well and will succeed.
- Complete the task and requires business skills and expertise followed.
- Ability to finish something important, and better than anyone else,

1.2 Application of Self Achievement

Application of self-achievement, can be done by using the behavioral theory and modeling techniques sociodramas techniques or psychodrama. Students can be trained in the communications standards (smiles, greetings, greetings, getting). Trained way good communication, courteous, effective, and communicative. Applications in this private field which effects on one individual to obtain the achievements of his own business, let's say the students could accomplish the task given by the teacher. Students are able to follow the race to get a feat achieved by students.

1.3 Ivan Pavlov's theory of behavioral counseling

The view contains a philosophical theory of behavioral counseling or a view towards Self Achievement is about emphasis on behavioral changes in habituation. Counseling theory's 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 between 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 in the training process.

1.4 Modeling Technique

Behavioral counseling is one of the theories of counseling that exists at the moment. Behavioral counseling is an adaptation of the flow behavioristic counseling, which highlighted the observed behavior(Pertiwi et al., 2014; Damayanti and Aeni,2016),In line with this definition, proposed modeling technique was the means used by counselors to improve self-achievement 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.

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2   Methodology

This type of research used in this research is the study design "quasi-experimental (Quasi Experiment)" Design nonequivalent pretest-posttest control group design "this is because researchers do treatments (treatments) to a group and does a pres-test before treatment is given. This research was conducted in SMA LAB UNDIKSHA at Jalan Jatayu 10 Singaraja, Buleleng. The populations in this study were students of class XI SMA LAB IBB UNDIKSHA amounting to 22 students. Based on the above, then in this research, The sampling method used is purposive sampling (purposive sampling). Purposive sampling (purposive sampling) a sampling technique based on the traits or characteristics (destination) established by previous researchers. The reason for using purposive sampling techniques is data collection is only performed on a group of subjects that have characteristics consistent with the purposes of research that students who have moderate and low self-achievement.

To obtain data on Self achievement used several research instruments namely 1) Observation Sheet, 2) Sheet Interviews, 3) questionnaire, and 4) Questionnaire. Here is an explanation of the instrument to be used for this study. In the implementation of observation, aspects of self-achievement observed to refer to indicators of the three aspects of the Self achievement namely:1) Get things done well and will succeed 2) Complete the task and requires business skills, and expertise followed 3) Being able to accomplish something that is important, as well as better than anyone else,

3   Results and Discussion

After the questionnaires filled out by everyone's student, then score the questionnaire incorporated into the questionnaire score table.The results of calculations found that the indicator being able to accomplish something that is important, as well as better than anyone else, From baseline showed a 7 percent increase. The increase in this score means that the indicator being able to accomplish something that is important, as well as better than anyone else by using the theory of counseling Behavioral Ivan Pavlov by modeling techniques, can improve significantly.

Table 1. Results of T-Test Indicator 1

Data	X	σ]	t_{count}	t_{table}	Information
Pre Test	30 545	3788	4,971	1,720	Significant
Post Test	35,818	4953	4,971	1,720	Significant

Based on the test results of the t-test on the indicator 1 shows the value of t = 4,971, It can be stated that Ho is rejected and Ha accepted. So it can be seen that application to the theory of counseling behavioral Ivan Pavlov by modeling techniques to affect the increased indicator 1 indicator 1 gets things done well and will succeed the high-school student's LAB UNDIKSHA IBB XI.

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4 Conclusion

From the research that has been done, it can be concluded that there is application counseling behavioral Ivan Pavlov by modeling techniques to improve self-achievement through lesson study in class IBB XI SMA LAB UNDIKSHA, Based on the test results in the table above hypothesis test obtained t-test showed the value of t = 4.971. It can be stated that Ho is rejected, and Ha accepted. So it can be known that the application counseling behavioral Ivan Pavlov by modeling techniques to improve self-achievement through lesson study.

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