

The Effectiveness of Behavioral Conservation with Modeling Techniques Through Lesson Study to Improve Character of Fun for Others

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Abstract. The purpose of this study was to determine the effect of Ivan Pavlov's behavioral counseling with modeling techniques to enhance the character to please others. This type of research is quasi-experiment with pretest-posttest control group design. The sample of this study was 32 students who collected character of fun for others data using the character of fun for other questionnaire. This is evidenced by the value of $t_{count} 4.07 > t_{table} 2.03$ so H_0 is rejected and H_a is accepted. So there are significant differences. So that it can be concluded that Ivan Pavlov's behavioral counseling with effective modeling techniques to enhance character pleases other students of class VIII of STATE 2 state high school singaraja.

Keywords: behavioral counseling, modeling, lesson study

1 Introduction

Based on the results of observational studies of 32 student researchers looked at 20 students showed symptoms such as demonstrating the attitudes of students looking very inclined to the character of hurting the feelings of others who are negative, the study found 12 other students had symptoms like that is easy to develop the attributes pleasing others who are positive. Symptoms such students can be said to exhibit symptoms of "character of fun for others".

1.1 Make character of fun for others

Character of fun for others is the personality that one has to comfort someone who is experiencing anxiety or sadness heart. (Dharsana, 2014; Ernawati, Suarni, Women, & Ps, 2015; Subiantari, Dharsana, & Made Sulastri, 2015; Angganantyo, 2014; Anna-Kaarina & Pirjo, 2011; Antonio Calvani & Sarti, 2017; Baranova and Kalke, 2012; Borgetto, 2004; Con, Leon, and Cazzola, 2007; Conovici, 2013; Deutschland, 1997; Educating, In, Schools, Pupils, and disturbances, 2015; Felea, 2014; Geske, 2017; Gusmeroli F, Paoletti R, & Pasut D 2006; Hoorik, 2011; Jouet, nd; Kuk, 2013; Prof. Dr. I Ketut Dharsana, 2017; Rogi and Pilar, 2005; Un, 2008; Universit & Soci, 2016; Vlerick, 2009; Wa, Kigoda, and Mwalimu, nd).

1.2 Application of Make character of fun for others:

Implementation makes character of fun for others can be done by or modeling techniques. Students can perform application of modeling techniques to demonstrate how simulation works relevant to make character of fun for others. After the students had a one stay two stray to know the results from the discussion of other groups. After one stay, two stray students do sociodramas have been made to the theme of Character pleasing others and show it to the class. After doing sociodramas 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. After conducting 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 have filled a reflective journal on classical Guidance service activities that have been carried out.

1.3 Ivan Pavlov's Behavioral Theory

Philosophical Life view of Ivan Pavlov's Behavioral Counseling theory that every human being needs change and will experience a change in his behavior as a result of interactions between stimulus and respondent, in other words, learning is, changes experienced by clients or students in developing their ability to improve behavior in new ways the results from the interaction between stimulus and respondents obtained. (Aini, Fatmaningrum, & Yusuf, 2011; Indayani, Sedanayasa, Nengah, & Antari, 2014) In behavioral theory according to Ivan Pavlov can be linked to the BK, it can be concluded as follows:

- so that students can motivate / actualize themselves to be able to change themselves in developing their potential according to their abilities.
- By learning behavioral theory, students can recognize aspects of themselves and can accept their situation more objectively.
- To help students express various aspects of themselves.
- Helping students to be able to change their behavior

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

This type of research used in this research is the study design "quasi experiment with pretest-posttest control group design. In sampling, a technique used random sampling and

random class as an intact group. As is the random sampling means that sample population member is done by selecting a random sample, regardless of the strata that exists in the population. All things considered sector in the class have the same chance to be sampled (Dantes, 2012). This study took a sample of students who demonstrate character criteria make the other, medium and low of 32 students. Based on the test results of normality and homogeneity of data make character of fun for others above, it can be said that the requirements for testing the hypothesis with t-test can be met. Therefore, hypothesis testing can be continued by using technique's Paired Sample Test. The results of t-test such as shows, t value of 2.03 sig.0,05. Thus, the null hypothesis (H0) stating that there is no influence of Ivan Pavlov effectiveness of behavioral counseling by modeling techniques to improve the character of pleasing others. Students can be trained in the communications standards (smiles, greetings, greetings, getting). Trained way good communication, courteous, effective and communicative so that students are able to have a pleasing character of other.

3 Results and Discussion

RPBK makes character of fun for others very effectively implemented at the school. Judging from the questionnaire score, score diary, and student responses from a daily journal of ever increasing more. It is also seen from the behavior of students make character of fun for others began to change as: students are able to make the other character.

Table 1. Make character of fun for others

indicator 1	High		Low	
	F	%	F	%
Pleasing others	149	93.12	27	16.87
Man Village	84	52.5	21	13,12
Women Village	65	40.62	6	3.37

The research data show that VIII1 grade students have behaviors to make character of fun for others with a high of 93% and 16% lower while the men of the village who have a high frequency of 52%, low 13% . Women of the village which has a high frequency of 40% and 3% lower.

Table 2. Make character of fun for others

indicator 1	mean	SD	Score	Score
			High	Low
provide assistance to others	1.59	0.79	93.12	16.87
Man Village	2.26	0.74	52.5	13,12
Women Village	2	1	40.62	3.37

The research data show that VIII grade students have behaviors to make character of fun for others with a high score of 93% and 16% lower while the men of the village who had a high score of 52%, 13% .girl low score of the village which has a score higher by 40% and 3% lower scores.

Table 3. pre-test (make the other characters)

Indicator	mean	SD	High		Low		Before		After	
			F	%	f	%	T _{count}	T _{table}	T _{count}	T _{table}
Pleasing others	2,27	1.33	127	79.37	23	14.37	4.07	2.03	4.07	2.03
Man Village	3.67	1.41	66	41.25	18	11.25	2,69	2.03	2,69	2.03
Women Village	4.36	1.41	61	38,12	5	3.12	2.05	2.03	2.05	2.03

Table 4. post-test (make character of fun for others)

Indicator	mean	SD	High		Low		Before		After	
			F	%	F	%	T _{Count}	T _{table}	T _{count}	T _{table}
pleasing others	2.93	1.42	205	94.91	—	—	4.07	2.03	4.07	2.03
Man Village	5.72	0.46	103.00	95.37	—	—	2,69	2.03	2,69	2.03
Rural women	5.67	0.49	102	94.44	—	—	2.05	2.03	2.05	2.03

Table 5. Pre-test and post-test (make character of fun for others)

Score	\bar{X}	δ	T _{count}	T _{table}	Ket
Pre-Test	37.12	52.75	4.07	2.03	Significant
Post-Test	41.28	12.07	4.07	2.03	Significant

Make character of fun for others in the eighth-grade students showed: On average Pre-Test = 37.12d = 52.75 ttable tcount = 4.07 = 2.03. Significant On average Post-Test = 41.28d = 12.07 ttable tcount = 4.07 = 2,03. Signifikan Price t, compared with the price t in the table with df = n-1 = 32-1 = 31. Price's table for DF-31 and with a significance level of 5% (a= 0:05) was 2.03. Thus, the price of t greater than ttable price, so H0 is rejected and Ha accepted. This means, there are significant differences make character of fun for others in the VIII students between before and after using the theory of behavioral counseling by modeling techniques. Conclusion: the effectiveness of behavioral counseling theory by modeling techniques affects the increase make character of fun for others in class VIII.

4 Conclusion

Based on the analysis and discussion in the previous chapter stated that the proposed research hypothesis is accepted by 5% significance level (0.05), it can be concluded that the results of this study indicate that the character of fun for others students who follow the behavioral counseling Ivan Pavlov using modeling techniques more increase as the students who were in the control group. Based on this statement, we can say that behavioral counseling Ivan Pavlov using appropriate modeling techniques applied in schools. Application of behavioral counseling Ivan Pavlov using a modeling technique has implications for the planning and development of guidance and counseling service's model in terms of techniques and procedures of service activities provided to the counselee. the analysis in the study, the results of which obtained found that counseling services will be more effective if counselees in implementation behavioral counseling services facilitated by Ivan Pavlov using modeling techniques.

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