

THE EFFECTIVENESS OF SELF MANAGEMENT ENGINEERING GROUP COUNSELING TO IMPROVE LEARNING DISCIPLINES FOR CLASS VII STUDENTS OF MTS MUKHTAR INTERFACE BLOKAGUNG EVEN SEMESTER 2020/2021

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Abstract

The application of *Self Management* to students is caused by applying the *Self Management* students can find out a description of the source of the problems that exist within themselves, so that he himself can complete and eliminate the habits that hinder him in the learning process. The aim of this research is to find out whether self-management techniques are effective in improving the learning discipline of class VII students at MTs Mukhtar Syafaat Blokagung for the 2020/2021 academic year. The formulation of the problem in this study is as follows "Is the *Self Management* effective to improve the learning discipline of Class VII students at MTs Mukhtar Syafaat Blokagung Academic Year 2020/2021? The design of this research is a *One-Shot Case Study* which is part of the Pre Experimental Design, in this research the treatment is given by providing Self Management and then distributing questionnaires as an instrument for collecting research data. testing hypothesis show that the $\text{sig} > 0.05$, which means that it rejects H_0 and accepts H_a . Namely, the *Self Management* effective to improve the learning discipline of class VII students at Mts Mukhtar Syafaat Blokagung for the 2020/2021 academic year.

Keywords: *Group Counseling; Self Management; Discipline of Learning*

INTRODUCTION

Education is: the whole process by which a person develops abilities, attitudes and other forms of behavior that have positive values in the society in which he lives; second, the social process in which people are exposed to the influence of a selected and controlled environment (especially those who come from school), so that the person can get or experience the development of social abilities and individual optimally. Getting the educational process requires supervision and application of knowledge and can be transmitted to students, in order to acquire disciplined and responsible attitudes in doing work in the learning process obtained from the learning process at school.

Improving the quality of education for a nation, however, must be prioritized. Because the quality of education is very important, because only qualified humans can survive in the future. To get high quality education, it is necessary to have consistency in

the discipline of implementing the process of educational activities in schools, one of which does not work, surely the learning obtained will not be optimal. So that the quality of education will produce something that is not as expected, namely the high quality of education.

The application of the educational process in schools is not just providing learning material, but it is necessary to strengthen the importance of discipline to students so that they can have a responsible attitude in carrying out responsibilities in carrying out the learning process at school, because not all students can carry it out. can affect student discipline can be from themselves or the environment.

Discipline is a situation that is created and formed from a series of behaviors that display the values of obedience, obedience, loyalty, or connection with a disciplinary rule. Disciplined behavior is related to individual learning, if someone has discipline in him, he will get learning outcomes that achieve completeness. In addition, if the existing discipline is improved, individuals will get perseverance in learning, and regularly schedule activities that are considered useful to support their success in obtaining learning achievement, but discipline will play a role if students do not carry out their obligations to attend lessons at school, the result will be found various kinds of violations that will hinder the learning process of students in the school.

The behavior of students that appears regarding the discipline of learning includes not following several subjects for various reasons, there are also some who are lazy to take notes, are late for class, lack of focus or interfere with class situations. make noise in class. The many roles that exist in the classroom make it difficult to justify the problems that have occurred, so in overcoming this role, it is necessary to link up with parties who can provide solutions to find bright spots to eliminate students' undisciplined behavior to change their style to a more good. And roles like this can be prevented. In this case counseling guidance can be the answer to the problems faced by students, and change student behavior so that they can carry out their obligations to learn, and get maximum value.

The role experienced by students in learning discipline needs attention, because if in carrying out the student learning process undisciplined in participating in activities, it is necessary to strengthen so that children can have awareness, and obedience and encouragement from outside students such as the environment, education, friends, relatives, habits and coaching from home, supporting facilities, supervision, punishment, advice, and so on in obtaining discipline.

Discipline that comes from within oneself arises due to one's own willingness to comply with applicable regulations. Students are expected to be able to carry out the applicable rules and regulations without having to wait for orders and reprimands. Discipline of learning in the student's personality will have an impact on an effective learning process, increase learning achievement, and show good developmental tasks. Students who have good learning discipline will have skills in learning, because the success or failure of a student in his learning effort depends on how he does a good way of learning. Many things can be done to grow students' awareness of the discipline of learning, one of which is maximizing the function of the supervising teacher (counselor) in carrying out guidance and counseling service activities in schools, especially for students who are considered less aware of discipline.

To overcome the main problems in learning, a technique is needed that guides students to work hard to improve learning discipline and have awareness to change their behavior, especially low learning discipline. By Therefore, efforts that can change behavior are expected to replace student behavior. One technique or strategy to change behavior is to use Group Counseling with *Self Management*.

Student discipline problems are problems that can be overcome by *self management* This is done through group counseling. Group counseling is useful for building students' personalities and solving problems faced by students. Group counseling services provide

opportunities for group members to interact and communicate between peers that is not found in individual counseling services. Social interaction that runs continuously during the implementation of the service is expected to achieve goals that are in accordance with the individual needs of group members. Group

counseling is assistance to individuals in group situations that is preventive and curative in nature, and is directed at providing convenience in their development and growth. Group counseling is to provide convenience for individual growth and development, in the sense of providing opportunities, encouragement, as well as direction to the individuals concerned to change their attitudes and behavior in harmony with their environment. Group counseling is a service that helps students or students in discussing and alleviating personal problems through group dynamics.

Self-management is a strategy to change behavior/habits by setting and observing the counselor himself in the form of self-observation exercises, controlling stimuli and giving self-esteem. The purpose of applying the *Self Management* is to improve student learning discipline in which the role of learning discipline difficulties is influenced by feelings, thoughts, and actions obtained from inside and outside the school.

According to Komalasari in Faiqotul (2018: 23). *Self Management* is a behavioral regulation procedure by the individual himself. With self-management, clients can manage their lives, students who do not have high learning discipline in school will form a high discipline attitude with *Self Management*. Strategy (*Self Management*) is a process by which counselors direct their own behavior change, using one strategy or a combination of strategies. strategy exercises management (1) *self-motivation*; (2) self-organization (*self-organization*); (3) self-control (*self-control*), (4) self-development (*self-development*)

Why is it necessary to apply *Self Management* on students, because by applying the *Self Management* students can find out a picture of the source of the problems that exist within themselves, so that he himself can solve and eliminate habits that hinder him in the learning process.

Based on the above background, the authors in this study chose the title "Effectiveness of *Self Management* To Improve Student Discipline in Class VII MTs Mukhtar Syafaat Blokagung Even Semester for the 2020/2021 Academic Year".

Understanding Group Counseling

According to Pauline Harrison in Kurnanto (2014: 7) is counseling consisting of 4-8 counselees who meet with 1-2 counselors. In the process, group counseling can talk about a number of issues, such as relationship-building and communication skills, self-development, and problem-solving skills. So group counseling is an effort to help individuals in a group atmosphere that is preventive and developmental in nature and is directed at convenience in the context of developing their growth.

Group counseling services can be held anywhere, indoors or outdoors, at school or outside school, at the home of one of the participants or at the counselor's house. Wherever group counseling services are carried out, it must be ensured that group dynamics can develop as well as possible to achieve group goals.

Purpose of Group Counseling Services Group

counseling is aimed at solving client problems and developing their potential. The goals of group counseling services are: The development of feelings, thoughts, insights and attitudes directed towards specific behavior and socializing and communicating. According to Winkel in Kurnanto (2015:10) Group counseling is carried out with several objectives, namely:

1. Each group member understands himself well and finds himself.
2. Group members develop the ability to communicate with each other so that they can provide assistance to each other in completing developmental tasks typical of their developmental phase.
3. Group members acquire the ability to regulate self and direct their own lives.

4. Group members become more sensitive to the needs of others and are better able to appreciate the feelings of others.
5. Each group member sets a goal they want to achieve, which is manifested in more constructive attitudes and behavior.
6. Group members are more courageous to step forward and accept reasonable risks in acting.
7. Group members are more aware of and appreciate the meaning of human life as life together.
8. Each member of the group is increasingly aware that things that concern himself often also cause concern in the hearts of others.

The purpose of group counseling according to (Gibson & Mitchell, in Nursalim, 2016: 113) is the achievement of a goal, meeting needs, and providing a valuable experience for each group member.

Principles of Group Counseling

According to Prayitno in Isnaini (2018: 40) the principles in group counseling are: the principle of confidentiality, the principle of contemporary, the principle of normativeness, the principle of expertise. Meanwhile, according to Winkel in Isnaini (2018: 40) they are: the principle of confidentiality, the principle of volunteerism, the principle of activity, the principle of openness, the principle of the present, the principle of normativeness, the principle of the present.

Stages of Group Counseling Implementation

There are four stages that must be carried out in group counseling services according to (Nursalim, 2015: 117), namely:

1. The formation stage at this stage includes providing an explanation of the group in question, the goals and benefits of the group, an invitation to enter and participate in activities, and allow for opportunities and convenience for the organization of the group in question.
2. The transition stage at this stage after the group atmosphere is formed and group dynamics have begun to grow, group activities are carried further by the leader to group activities.
3. Stage Activities relations between group members grow well. The exchange of experiences in terms of mood, expression, presentation and self-disclosure takes place freely.
4. The final stage of group activities is focused on discussing and exploring whether group members are able to apply the things they have learned in the group in their daily lives, and plan further.

Behavioral Counseling

According to Corey in Arikunto (2011: 34) Behavior is basically directed at the goal of obtaining new behavior, eliminating behavior that strengthens and maintains the desired behavior. Modification of deviant behavior is through changing positive environmental situations that are engineered so that they can stimulate positive behavior.

According to Winkel in Arikunto (2011:36) that changes in behavior must be sought through a learning process *orrelearning*, which takes place during the counseling process. Changes in behavior here behave towards the better with the help of a counselor.

Self Management

Self-management is a procedure in which individuals regulate their own behavior (Komalasari, 2016: 180). Main idea of *Self Management* is that change can be brought about by teaching people to use problem-solving skills. In this *self-management*, individuals make decisions about matters relating to specific behaviors that they want to control or change. Corey (1995:431) states that often individuals find that the main reason for their failure to achieve goals is that they do not have skills.

Strengths and Weaknesses Self Management

According to Cormier in Faiqotul (2018:27) Self Management Strategy has advantages, namely:

1. The use of Self Management strategy can increase a person's observation in controlling his environment and can reduce a person's dependence on counselors or others.
2. Self Management is an inexpensive and practical approach.
3. Self Management is easy to use.
4. Self Management adds to the general learning process in dealing with the environment, whether in problematic situations or not.

The shortcomings of the Self Management technique according to Cormier in Faiqotul (2018: 28), are:

1. Depending on the client's willingness, patience and motivation.
2. Personal target behavior is often not observable, depending on perception of the subject itself.
3. The cheapest reinforcer, that is imagination, can only be suggested to the subject or client who is good enough in his imagination.
4. the use of imagination as reinforcement or punishment can exceed the dose without being noticed by others.

Self Management According to Komalasari's opinion (2016: 182), there are 3 stages of Self Management:

- a. Stage of self-monitoring or self-observation. At this stage the counselee deliberately observes his own behavior and notes it carefully.
- b. Self-evaluation stage. At this stage, the counselee compares the results of the behavioral records with the behavioral targets that have been made by the counselee.
- c. The stage of giving reinforcement, elimination or punishment. At this stage the counselee regulates himself, provides reinforcement, removes and gives punishment to himself.

Self Management Technique

Fauzan's Faiqotul (2018:25) *Self Management* is the development of more adaptive behavior from clients. Miltenberger in Faiqotul (2018:25) the purpose of *Self Management* behavior *deficit*, so that a person's positive results can be achieved in the future. Where *Self Management* is self-management that is managing one's own behavior that is problematic for oneself and others.

Understanding Learning Discipline

According to Djamarah in Faiqotul (2018: 10) discipline is an order that regulates the order of personal and group life. Discipline has an important role in creating educational goals. The quality or not of student learning, is strongly influenced by environmental factors, both family, school, discipline and talent

Tu'u (2004: 50) states discipline as an effort to control oneself and the mental attitude of individuals or communities in developing obedience to rules and regulations based on impulse and awareness that springs from within his heart.

Basic Discipline Learning

Discipline has a basis that is used as a guide or foothold and foundation in doing. Discipline is the key to success, because with discipline people can do something, complete a job and will bring the desired result.

Objectives of Learning

Discipline in learning is important to be applied in the implementation of the teaching and learning process because it has a goal to be achieved. According to (Charles Schaefer in Reza Febriyanti, 2017: 32) there are 2 kinds of learning discipline goals, namely short-term goals and long-term goals.

- a. The short-term goal of discipline is to make children trained and controlled by

teaching them forms of behavior that are appropriate and inappropriate or unfamiliar to them.

- b. The long-term goal of discipline is for the development and control of oneself and self-direction (*Self-control and self-direction*) in which children can direct themselves without outside influence and control.

Discipline Student Criteria

Good students are those who know everything about school and lessons. As the embodiment of students who are disciplined in learning, they should always carry out their obligations as students with full responsibility. In this case the author mentions the things that need to be worked out by students. The relationship with learning discipline according to Sulistyowati in Faiqotul (2018: 21) in schools includes:

- c. Discipline to keep the study schedule.
- d. Discipline overcomes all temptations that will delay learning.
- c. Self-discipline to be able to grow the will and enthusiasm for learning both at school, such as obeying the rules of conduct, as well as learning discipline.
- e. Discipline to maintain physical condition so that they are always healthy and fit by eating regularly and nutritionally balanced and regularly exercising.

Learning Discipline Indicators

In determining a person to be said to have a disciplined attitude, of course there are several attitudes that reflect his discipline such as the discipline indicators proposed by Tu'u (2004: 91) in research on school discipline stating that "indicators that show changes in student learning outcomes as a contribution to follow and obeying school rules include: being able to manage study time at home, diligent and regular in studying, good attention when studying in class, and self-discipline when studying in class.

as explained by Trina Fizzanty, a researcher at P2 KMI iptek LIPI, regarding the condition of Indonesia in the early era of the Industrial Revolution 4.0. Indonesia has a demographic bonus, with a population profile of internet users reaching 54.68%, namely 143 million of the total 243 million population. However, Indonesia still needs to improve the quality of its human resources, as stated by the Chair of the Seminar, Jorry S. Koloay that Indonesia's human resources are still very low to face the industrial revolution 4.0. From various data, human resources which are the main model supporting Indonesia's development are still very low.

RESEARCH METHOD

The research approach is an important factor and must be considered. The approach used in this research is experimental research. Experimental research is research conducted by conducting treatments that aim to determine the effect of treatment on the behavior of the subject under study. Manipulation carried out can be in the form of certain situations or actions to be given to individuals and after that the effect is seen. The design of this research is a *One-Shot Case Study* which is part of the *Pre-Experimental Design*, in this research the treatment is given by providing *Self Management* and then distributing questionnaires as instrument research data collection

Sugiyono, (2016: 80) states that population is a generalization area consisting of objects/subjects that have certain qualities and characteristics determined by researchers to be studied and then drawn conclusions. for the population of Class VII students of MTs Mukhtar Syafaat Blokagung.

While the sample is part of the number and characteristics possessed by the population (Sugiyono, 2016: 118). There are many techniques for determining respondents. Among them are *purposive sampling*, random sampling, and many more. In this study, researchers used data collection techniques by using all existing respondents in the hope of getting the most accurate results possible.

There are two variables in this research, namely: Independent variable (X): group

counseling *Self Management* and the dependent variable (Y): student learning discipline, so it is hoped that

Group counseling can affect the level of student discipline at MTs Mukhtar Syafaat.

The research procedure includes the steps taken by the researcher during the research. The stages of the research carried out are as follows.

- a) Orientation and observation of the design and implementation of *self-management* in the classroom, in addition to conducting discussions and consultations with counselors to obtain data about the existence of the group.
- b) Make a selection of the class that will be used as a population for which will then be used as a sample in the study.
- c) Develop a service implementation plan (RPL), which supports *self-management*.
- d) Develop a learning discipline questionnaire based on indicators of learning discipline in schools.
- e) Conducting research instrument testing which includes content validity test, item internal consistency test and test reliability test.
- f) Revise and improve research instruments based on the results of the content validity test, internal consistency of items and test reliability tests.
- g) Perform data analysis and test the proposed hypothesis, namely the analysis of correlated paired data tests.

Data collection was obtained from observations, interviews and questionnaires. This study uses data collection techniques obtained from observations, interviews, and questionnaires.

research was conducted using *purposive sampling*. *Purposive Sampling* itself is a sampling technique based on certain considerations. This consideration is considered by the researcher, that the interviewees know what the researchers expect, so that the information obtained is clearer. The samples in this study were the principal, Deputy Head of Academic Affairs, Deputy Head of Student Affairs, Deputy Head of Public Relations, Deputy Head of Infrastructure, Deputy Head of Public Relations dormitory, ICT teacher, and 3 students from class X, XI, and XII MAN Insan Cendekia Jambi. In this study, researchers used data analysis techniques which were divided into three and interrelated, namely data reduction, data presentation, and conclusion drawing/verification.

RESULTS AND DISCUSSION

In general, the average score in the table is 4.4. the average value = 3.61 is included in the criteria Good / high. The table above shows that after the results of r count of 30 statements in the questionnaire distributed to students for the questionnaire after being compared between r count and r table, with alternative decisions as follows:

Test decision The validity of the respondent's items is as follows: 1. The value of t count compared to the value of r table with $n = 30$ at a significance 0.05 (5%) $r_{table} = 0.361$ 2. $r_{count} > r_{table}$ then valid statement item 3. $r_{count} < r_{table}$ then invalid statement item The second validity test calculation is carried out by calculating 23 valid statement items using SPSS 23 (attached) and a significance level of 0.05 the results obtained $r_{table} = 0.361$ The reference used in determining the reliability of the questionnaire uses the opinion of Sujarweni Wiratna by stating that the alpha value is > 0.60 . The calculation results from the SPSS that have been attached to this report found that the alpha value = 0.912. hypothesis One sample t-test using a 95% confidence level (standard error = 0.05) that the value of sig. (2-tailed) = 0.000 in other words the value of Sig(2-tailed < 0.05). The result of the above calculation indicates that the value of sig.(2-tailed) < 0.05 , which means that H_0 rejected. H_0 technique Self Management is not effective for disciplining MTs Mukhtar Syafaat Blokagung students in learning. H_0 technique Self Management is effective for disciplining Class VII students of MTs Mukhtar Syafaat Blokagung in studying. Here the researchers

based on these results accept H_a : Self Management effective for disciplining Class VII students of MTs Mukhtar Syafaat Blokagung in learning.

CONCLUSION

In this section the researcher concludes the results of the study by answering the problem formulations that have been mentioned in Chapter 1 Introduction to the problem formulation sub-chapter which reads "Is the Self-Management Technique effective for improving the learning discipline of Class VII students at MTs Mukhtar Syafaat Blokagung Academic Year 2020/2021 The testing hypothesis shows that the $\text{sig} > 0.05$, which means that it rejects H_0 and accepts H_a . Namely, the *Self Management* effective to improve the learning discipline of class VII students at Mts Mukhtar Syafaat Blokagung for the 2020/2021 academic year.

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