

## Effectiveness of Cognitive Social Counseling Technique To Improve The Nature of Sympathy Sociodramas

Andita Widyanti<sup>1</sup>, I Ketut Darsana<sup>2</sup>, Ni Ketut Suarni<sup>3</sup>  
anditawidyanti81@gmail.com<sup>1</sup>, profkdarsana@yahoo.com<sup>2</sup>, niketut.suarni@undiksha.ac.id<sup>3</sup>

Universitas Pendidikan Ganesha, Indonesia<sup>123</sup>

**Abstract.** This study Aiming to Determine the effectiveness of cognitive counseling socio-dramas social engineering to improve sympathy. The research is a quasi-experimental design with pre-test and post-test control group. The population of this study was 72 students. The samples of this study are 36 students. The counseling was held in the lesson study activity. Methods of collection of data using questionnaires sympathetic nature to help others with 30 items. The results of the analysis of data indicate there was a significant difference the sympathy between the students in cognitive socio-drama counseling than the students in the control group,

**Keywords:** Social Cognitive Counseling, Socio-dramas, Lesson Study

### 1 Introduction

Students in the school life shows the characteristics like helping people, like helping a friend, when other people trouble, when his illness, care about friends, felt sad when a friend of trouble, want to help a friend when the friend in distress. Conversely there are also students who have the characteristics of a lazy helping people like do not care about other people, do not feel sad when a friend of trouble, do not want to help a friend when the friend in distress. From the above explanation, the characteristic is a characteristic trait of sympathy. The nature of sympathy can intervene with education, counseling, and extras. In this study, researchers set to intervene in nature sympathy counseling approach. According Dharsana Guidance is the process of assistance by a person skilled person or several individuals, both children, adolescents, and adults (IK Dharsana, 2007), Counseling is the process of providing assistance carried out through interviews by an expert counseling to individuals who are experiencing a problem that led to the problems encountered (K. Dharsana, 2013), Counseling is a process of providing assistance to individuals who conducted interviews by an expert counseling to individuals who are experiencing a problem that boils down to teratasinya problems encountered. In the implementation of counseling, counseling theory is an integral part. The theories of counseling that can be used, a variety of philosophical, the procedures and the implementation steps. Selection of counseling theory of course depends on the type of problem counselees advantages and disadvantages of the theory and the ability of the counselor's own. According to Dharsana (2014: 2), the model of counseling theories is "Sigmund Freud's Psychoanalytic Theory; Self Adler Counseling Theory; Counseling Theory of Psychodynamic Groups in Melanie Klein's Assumption Theory; Personal Centered Counseling Theory by Roger Calr; Fritz Perls Gestalt Counseling Theory; Theory of Transactional Analysis Eric Berne; Theorist Reality Counseling (William Glasser); Human

Motivation Theory "Maslow's"; Counseling Logo Theory Victor Frakl; Cognitive Counseling Theory (Aaron Beck); Theory of Practicing Behavioral Counseling (By Krumboltz); Behavioral Theory (Behavior Theory); Social Cognitive Theory (Albert Bandura); Rational Theory Emotive Behavioral Counseling Albert Ellis; Theory of George Kelly's Conception; Eclectic Theory; Murray's Personology Theory; The Election Theory of John L. Holland's Position; Career Development Theory and Life Development (Super); Theory of Job or Career Selection according to Anne Roe; Theories of Career Development by Ginzberg and Career Trait Counseling and Factors ". The counseling theories above, of course, can be applied in conducting counseling services. Looking at counselee problems related to "the nature of sympathy", the advantages and disadvantages of each theory and the ability of researchers to apply the existing counseling theory, the researcher chose the Social Cognitive counseling theory. So, to help students' problems related to "Nature of sympathy" the researcher chose to apply the Social Cognitive counseling theory. Social cognitive theory is an important insight into the emotions, motivation, and social action of cognitive theories asserted in both donations from people about how people think and act. And the importance of cognition in emotion, motivation, and action. Bandura special donation is wide on the long stretch skinner opinion about how the principles of strengthening (Ni Putu Desiawati, Kadek Suranata, 2014), Sociodramas is a counseling technique is given by displaying a short drama performances were given in helping to shape and improve the properties of sympathy (Care, Panfilis, and Tanzi, 2012; McLennan, 2008; McLennan & Smith, 2007; Sitompul, 2015; Thorp, Stahmer, and Schreiberman, 1995; Winarlin & Trusses, 2016; Zuhara, 2015), Authors carry out observation or direct observation in class-class, there are some findings that can be used as background troubleshooting, namely: There are some students who possess sympathy is low, such as: (1) does not care about friends (2) do not feel sad when a friend of distress (3) does not want to help a friend when the friend in distress. From the preliminary data obtained, some students showed a low sympathy properties such shows are not able to provide assistance to others, less able to seek support from others, lack of sympathy properties. The variables studied in this research is the nature of sympathy students to help others. From the preliminary data obtained, some students showed sympathy such a low nature shows no capacity to provide assistance to others, and do not care about the friend. The purpose of this study is to determine whether the effectiveness of the Social Cognitive Counseling with Sociodramas techniques to improve the properties of sympathy to help others through Lesson Study.

## 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 do a pretest before treatment is given. This research was conducted at SMK N 1 Singaraja is located at street Pramuka 6 Singaraja. The population in this study were students who totaled 72 students, while samples in this study is 36 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 sympathetic nature. observation

(Observation) is a way of collecting data by conducting direct pengamatan of an object in a period and held systematically recording about certain things observed (Dharsana, 2015: 28). The data obtained in the observations noted in the observational record. In this study, the researchers first made observations of students - students who havenature sympathy medium and low. Excess use of observation methods is able to record simultaneously with its occurrence of symptoms; Direct observation is a tool to examine a range of symptoms. Many aspects of human behavior that can only be observed through direct observation. Data collection techniques in this study were 1) the technique of observation (observation), 2) interview techniques, 3) questionnaire, 4) Questionnaire.

To obtain data on the nature of sympathy to help others used some of the research instrument, namely 1) Observation Sheet, 2) Sheet Interviews, 3) questionnaire, and 4) Questionnaire. Here is an explanation of the instrument to be used in this study. In the implementation of the observation, the aspects of the nature of sympathy to help others who observed refers to indicators of the three aspects of the nature of sympathy to help others, namely: 1) is concerned with a friend (2) feel sad when a friend of distress (3) would help a friend when the friend in distress.

### 3 Results and Discussion

The variables studied in this research is the nature of sympathy students to help others. From the preliminary data obtained, some students showed sympathy for such a low nature does not care about your friends, do not feel sad when a friend of trouble, do not want to help a friend when the friend in distress. There are students who show symptoms of sympathetic nature to help others who are positive (+) and negative (-). Quantitatively, the number of students who show symptoms of sympathetic nature to help others who are positive (+) as many as 24 people and who show symptoms of sympathetic nature that is negative (-) as many as 12 people. In percentages, 67% of students showed symptoms of sympathy properties that are positive (+) and 33% of students showed symptoms of sympathetic nature that is negative (-). Thus, from these preliminary data it can be seen that students are showing symptoms - symptoms of sympathy properties that are positive (+) of the negative (-). Based on data from observations carried out in each service model of counseling Social Cognitive sociodramas through lesson study technique, it is known that a decrease in the symptoms of sympathetic students properties of the experimental group that is (-) on any services provided. After the implementation of the service model of the counseling Social Cognitive sociodramas techniques, all students in the experimental group has been able to show symptoms of sympathy trait positive (+). Thus, the provision of "treatment" in the experimental group with Social Cognitive counseling model sociodramas through lesson study techniques provide a positive influence on the nature of sympathy students to help others. Qualitatively, the results of interviews conducted in each experimental group counseling services Social Cognitive models sociodramas techniques through Lesson Study decreased sympathy properties separately to help others who are negative (-). This shows that there are changes in the nature of the symptoms of sympathy students become more positive (+). Thus, in this experimental group counseling model administration Social Cognitive sociodramas through lesson study technique has contributed positively to the nature of the student sympathy. The data

distribution normality test aims to determine the normality of sympathetic data distribution. Data is said to be normally distributed if the value obtained significantly greater than  $\alpha$  (0.05).

**Table 1.** Score Pretest Data High Low

INDICATOR	Before		High		Low		Before		After	
	mean	SD	F	%	f	%	t <sub>count</sub>	t <sub>table</sub>	t <sub>count</sub>	t <sub>table</sub>
Possess sympathy	2.34	1.39	209	73%	32	11%	4062	1,690	4062	1,690
Man	2.32	1.82	109	65%	28	17%	3,753	1,725	3,753	1,725
woman	2.36	1.95	100	83%	4	3%	3,991	1,761	3,991	1,761

Based on the table above, it is known that the average value of the nature of sympathy is 2.34 with a standard deviation of 1.39. highest score with frequency 209 and percentage 73% while the lowest score with frequency 32 and percentage 11%. In addition, the research data shows that the UPW A grade X students of Singaraja 1 nd Vocational School have an average of 2.32 with a standard deviation of 1.82 high frequencies of 109 with a percentage of 65% and a low frequency of 28 with a percentage of 17%. Women have an average of 2.36 with a standard deviation of 1.95, a high frequency of 100 with a percentage of 83%, a low frequency of 4 percentage of 3%. In addition Price tcount the nature of sympathy, compared to the price of t in the table with  $df = n - 1 = 36 - 1 = 35$ . Price ttable for df 35 and with a significance level of 5% ( $\alpha = 0.05$ ) is 1.690. Thus, the price of tcount is greater than the price of ttable, so H0 is rejected and Ha is accepted. tcount men with  $df = n - 1 = 21 - 1 = 20$  and ttable 1.725. Declaring the price of male tcount is greater than price ttable, so H0 is rejected and Ha is accepted and for tcount of women with  $df = n - 1 = 15 - 1 = 14$ , shows ttable 1.761 Declares the price of tcount for women is greater than price ttable, so H0 is rejected and Ha is accepted. Then the decision can be taken as follows: H0 is rejected and Ha is accepted. From the results of the comparison it can be concluded that the results of the study are stated to be significant in other words the research hypothesis is accepted so that there are differences in students between before and after using the theory of social cognitive counseling with sociodrama techniques.

#### 4 Conclusion

The effectiveness of social cognitive counseling techniques sociodramas through lesson study to improve the properties of sympathy. It can be seen t test total is obtained tcount 4.062 with a significance level of 0.05 ttable of 1,690. Thus, the price of t is greater than ttable price, so H0 is rejected and Ha accepted. This means, there are significant differences of nature sympathetic to students before and after using social cognitive theory with engineering counseling sociodramas.

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