

Effectiveness of Behavioral Ivan Pavlov Conservation sociodrama The with techniques to Increase Characters Help Others Through Lesson Study

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Abstract. This study aims to determine the effectiveness of behavioral counseling Ivan Pavlov with sociodrama techniques to improve the character of helping others through lesson study in student's first grade. This type of research is quasi-experimental with pre-test and post-test control group design. The sample is 20 students with df 19. The method of collecting data using character questionnaires helps other people as many as 30 items. The results of data analysis are the value of $t_{count} 3.188 > t_{table} 2.09$ so that H_0 is rejected, and H_a is accepted. So there are significant differences. It can be concluded that Ivan Pavlov's behavioral counseling techniques for effective sociodrama to improve character help others.

Keywords: behavioral, sociodrama, lesson study

1 Introduction

The results of observations conducted on 20 students in class VII 2 of the Singaraja Undiksha Middle School lab, revealed that there were some students who experienced character symptoms helping others, which has been classified under three categories, including students who have a "character helping others" are classified as high, classified as moderate and relatively low. Symptoms shown are some students who have symptoms such as those that are very easy to develop character traits help others who are positive. Symptoms of these students can be said to show symptoms of "character helping others."

1.1 Characters help others.

According to Dharsana (2014) The character of helping others is "the need to get help from others, including being able to provide assistance to others when in a difficult situation,".[1-9]

1.2 Application Character helps others

Application of character to help others can be done by sociodrama techniques. Students can be trained to carry out communication standards (smile, greetings, greetings, getting). Trained in good, polite, effective and communicative ways of communication. Applications in the field of personal that affects on one individual to have the character to help others gain

confidence and be able to persuade that person, let alone students a medium vent to his friend that is B, he dared to tell all that because B has the character to help others addition the application is also carried out by giving a sociodrama performance, where the selection of characters must be adapted to the needs of the character to help other students who have been adapted to the procedures and sociodrama steps below that will be elaborated. After the technique was carried out continued with group guidance, group counseling, and finally on individual counseling. So that later students can apply the character of helping others into the personal field.

1.3 Behavioral counseling theory Ivan Pavlov

Philosophical Views Behavioral counseling theory contains philosophical or a view of character to help others that is about emphasizing changes in behavior in habituation. Through Home Visits counseling 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 behavior in a new way as a result of the interaction between stimulus and response obtained because as is well known that "Behavioral counseling is a counseling theory that emphasizes human behavior, which is basically formed and determined by the environment and all its behavior is learned or obtained because of the training process. Therefore, the goal of behavioral counseling is to shape and maintain the character's behavior to help others so that the character helps others can be raised and applied in the personal, social, learning and career fields. [2-6]

Procedure Behavioral counseling theory Contains character enhancement procedures to help others as follows:

- Observing the symptoms of characters helping other students by observing behavior students in the class
- Tabulate the character symptoms to help others by entering the student's initial observation data into the table
- Analyzing the character's symptoms helps others high, medium and low students
- Identifying the character symptoms helping others by making observations through interviews
- Conducting diagnosis of the characters help others students of high, medium and low
- Doing prognosis is determining how to improve the character of helping others with the technique sociodrama
- Take action / treatment of students with symptoms of characters helping another person of high, medium and low with techniques sociodrama Sociodrama technique Sociodama is a counseling technique that is given by presenting a brief drama performance that is given in helping to shape and improve the character of helping others.[9-10]

2 Methodology

Type of research used in this study was the design of a "quasi-experimental" study. Design was nonequivalent with pretest-posttest control group design. In sampling, the technique used is random sampling and random class as an intact group. The definition of random sampling is sampling of members to 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 samples of students who showed character criteria to help other people who were moderate or low as many as 20 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. Starting from the results of the normality test and the homogeneity of character data to help others above, it can be said that the requirements for testing hypotheses with a t-test can be fulfilled. Therefore, hypothesis testing can be continued by using the technique Paired Sample Test. Results of the t-test such as the show, the value of $t_{table} 2.09$ sign.0.05 Thus, the null hypothesis (H_0) which states that there is no influence the effectiveness of counseling behavioral Ivan Pavlov with sociodrama techniques to improve character helps others. Students can be trained to carry out communication standards (smile, greetings, greetings, getting). Trained in good, polite, effective and communicative ways of communication. The application in this personal field is to influence one individual to gain trust and be able to persuade the person, for example, student A is venturing out to his friend B, he dares to tell all that because B has the character of helping others.

3 Results and Discussion

RPBK character helps other people very effective in schools. Judging from the questionnaire scores, diary scores, and student responses from daily journals that are increasingly increasing. Besides that, it was also seen from the students' behavior from the character helping others who began to change such as: students could provide assistance to others.

Table 1. character helping others

Indicator 1	High		Low	
	F	%	f	%
character helping others	76	63,33	18	15
Village Men	55	76,38	15	20,83
Village Women	41	85,41	3	6,25

Research data shows that students of class VII 2 SMP LAB UNDIKSHA Singaraja has the character of helping others with a height of 63% and low 15% as for men from villages

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who have a high frequency of 76%, low 20%. Women from villages have a high frequency of 85% and low 6%.

Table 2. characters helping others

Indicator 1	Mean	SD	Score High	Score Low
characters help others	51	71.25	17	21.25
Village Men	22	45.83	14	29.16
Village Women	20	62.5	3	9.38

Research data shows that students of class VII 2 SMP LAB UNDIKSHA Singaraja. Has the character of helping others with a height of 71% and a low of 21% as for men from villages who have a high frequency of 45%, a low frequency of 29%. women from villages who have a high frequency of 62% and a low frequency of 9%.

Table 3. pre-test (character helping others)

Indicator	Mean	SD	High		Low		Before		After	
			f	%	f	%	t _{count}	t _{table}	t _{count}	t _{table}
character helps others	3.36	1.87	76	63.33	18	15	3.18	1.69	3.18	2.09
Village Men	2.95	1.9	55	76.38	15	20.83	10.42	1.69	10.42	2.09
Village Women	4.22	1.56	41	85.41	3	6.25	2.86	1.69	2.86	2.09

Table 4. post-test table (character helps others)

indicator	Mean	SD	High		Low		Before		After	
			f	%	f	%	t _{count}	t _{table}	t _{count}	t _{table}
character helps others	04	1.84	96	80	3	2.5	4.05	1.69	4.05	2.09
Village Men	3.87	2.03	55	76.38	3	4.17	10.42	1.69	10.42	2.09
Village Women	5,13	1, 13	41	85.41	0	0	2.86	1.69	2.86	2.09

Table 5. Data Recapitulation of Pre-test and Post-test (characters helping others)

Score	\bar{X}	δ	t _{count}	t _{table}	Information
Pre-Test	36.3	4.485	3.188	2.09	Significant

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Score	\bar{X}	δ	t_{count}	t_{table}	Information
Post-Test	40.95	2,416	3.188	2.09	Significant

characters help others in class VII 2 junior Lab Unsiksha Singaraja shows:
Pre-Test Average: $\bar{X} = 36.3$ $\delta = 4.485$ $t_{\text{count}} = 3.188$ $t_{\text{table}} = 2.09$. Significant
Post-Test: $\bar{X} = \text{Mean}40.95$ $\delta = 2.416$ $t_{\text{count}} = 3.188$ $t_{\text{table}} = 2.09$. Significant

Price tcount, compared with price t in table with $df = n - 1 = 20 - 1 = 19$. Price ttable for df 19 and with a significance level of 5% ($\alpha = 0.05$) is 2.09. Thus, the price of t count is greater than the price of ttable, so H_0 is rejected and H_a is accepted. This means, there is a significant difference in indicator 1 to provide assistance to others in students VII of Singaraja Undiksha Lab Middle School between before and after using behavioral counseling theory with sociodrama techniques. Conclusion: the effectiveness of behavioral counseling theory with sociodramatic techniques influences character enhancement to help others in class VII 2 SMP Singaraja Undiksha Lab

4 Conclusion

Based on the results of the analysis and discussion in the previous chapter stated that the proposed research hypothesis is accepted based on the 5% significance level, it can be concluded that : Behavioral Counseling of Ivan Pavlov with sociodrama technique influences the character of helping others through Lesson Study in Class VII 2 students of Singaraja Undiksha Lab. Based on this statement, we can say that behavioral counseling theory Ivan Pavlov's sociodrama technique is appropriately applied in schools. For this reason, counseling teachers (counselors) should use behavioral counseling theory Ivan Pavlov's sociodrama technique as an alternative in giving to students. Some suggestions that can be conveyed from the findings of this study are as follows: 1) To students who are used as research subjects to pay more attention to and understand the treatments given, so that they can always improve the character of helping others. Students are expected to be able to maintain character enhancement to help others and not hesitate to build relationships with others. 2) To the BK Teacher, it is expected to always monitor the progress of students in order to improve the character of helping others counseling teachers should provide students with experience, knowledge and knowledge, and shape students' personalities into individuals who have the character to help others.

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