

## The Effectiveness of Behavioral Counseling with Shaping Technique to Increase The Feeling Guilty when of The Students Did A Mistake to Their Classmate

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**Abstract.** The aims of this study is to find out the effectiveness of behavioral counseling with shaping technique to increase the feeling guilty behavior when the student did a mistake to their classmate. The type of research used in this study is quasi-experiment with pretest-posttest control group design. The Population of this study is 35 students. The method of data collection used is by questioner. The result of the analysis is ( $t_{count}0,063 > t_{table}2,032$ ) so that  $H_0$  is rejected and  $H_a$  is accepted. So there is a significant difference. It can be concluded that behavioral counseling with behavioral shaping technique is effective to increase the feeling guilty behavior when the student doing some mistake.

**Keywords:** Behavioral Counseling, Shaping

### 1 Introduction

Observation of research towards feeling guilty when making mistakes which is one indicator of self-abasement, researchers see some students show Self-Abasement with indicators feeling guilty if people make mistakes students tend to be low but on the second indicator that is accepting mistakes when doing something that is not true tends to be high and the third indicator is to feel sadness when doing wrong tends to be high. The provision of counseling services that are used to develop an attitude of guilt when making mistakes can be done by several efforts such as innovation in the learning process, training efforts through extracurricular activities, as well as psychological treatments or counseling services. In connection with this, the researcher chose to develop an attitude of feeling guilty if he made a mistake by using a counseling approach. (Mandala, Dantes, & Setuti, 2013) defines that Behavioral Counseling is a counseling theory that emphasizes human behavior which is basically shaped and determined by the environment and all of its behavior is learned or obtained because of the training process. (Kumalasari, 2017) Behavioral Therapy is the most important thing in changing human behavior. Changes in human behavior can be learned from the learning process of the environment. Behavioral Therapy is also known as an action that aims to change behavior that can be interpreted as an action that aims to change behavior. Basically, behavioral therapy is directed at the goal of new behavioral behavior, as well as eliminating maladaptive behavior and strengthening and maintaining the desired behavior.





