

Effectiveness of the Application of Counseling Theory Behavioral with Modeling Techniques to Increase the Desire to Solve Something Well and Successfully Through Lesson Study in Sukasada

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Abstract. The purpose of this study is to improve the character of pleasing others. - posttest control group design The 32-student self-collected data questionnaire was collected by the self-assurance questionnaire. This is evidenced by the value of the t table, $t_{count} (4.31) > t_{table} = 1.67022$ so that H_0 is rejected and H_a is accepted so there are significant differences, so it can be concluded that Ivan Pavlov's behavioral counseling with modeling techniques is effective in enhancing the character of pleasing other students.

Keywords: behavioral counseling, modeling, lesson study

1 Introduction

Based on observational studies of 32 student researchers saw 7 students showed symptoms such as demonstrating the attitudes of students looking very inclined do not want to solve something well and will be successful which is negative, the study found 25 other students had the desire to get things done well and successfully. Symptoms of these students can be said to show symptoms of "Getting things done well and will succeed".

1.1 Resolve things well and will succeed

Resolving things well and will succeed is a personality that is owned by someone for achievement who can complete or complete something he does well and succeed. Examples: counselors, teachers, and lecturers (Foucault, 1976; Capriotti, 1999; Wenger, 2010). Completing tasks and requiring effort followed by expertise and skills is a personality that is owned by someone to complete the task carried out with full effort and skills and expertise that he has. Examples: class leaders, cortices etc. (Wiltshire and Downey, no date; Version, 2007; Schilt and Westbrook, 2009). Being able to solve something very important, and better than anyone is a personality that is owned by someone to be able to show others that he can solve something important and better than others. Examples are: presidents, mayors, governors, class leaders, regents etc. (Ghazanfari and Nazari, 2013; Pasternak, 2013; BelaskoTxertudi, 2015)

Ways to work to be good and successful:

- **Complete the Most Important Work First**
When working or doing various things other things in your life, it is very important to always solve the most important first. Only after that was followed by various other things. This will be a mindset that allows you to manage your work. And you will have a sufficient amount of time to work on each job that is in accordance with its completion needs.
- **Learning to Say "No"** The thing we often do is waste time on a number of activities that are not so important. This makes us lose and get nothing. Begin to commit to refusing various activities or things that will waste a valuable amount of your time.
- **Don't Waste Time for Small Things**
Checking work in detail is very important. However, it will be very time-consuming if you do it all the time. While the work has not been completed yet. Do your work regularly and in accordance with the points that should be. Next, you can take a moment to review it after everything is done.
- **Commit to Do Something**
This is very important, especially for those of you who are always accustomed to delaying or even ignoring other things that are very much needed in life. Have a strong commitment to work on things that you really want or need so that you have an achievement in your life.
- **Don't Waste Time for Small Things**
Checking work in detail is very important. However, it will be very time-consuming if you do it all the time. While the work has not been completed yet. Do your work regularly and in accordance with the points that should be. Next, you can take a moment to review it after everything is done.

According to Dharsana Guidance is the process of giving assistance by an expert person to someone or several individuals, both children, adolescents, and adults. (K. Dharsana, 2014) Counseling is the process of providing assistance carried out through counseling interviews by an expert to individuals who are experiencing a problem that leads to overcoming the problem at hand (K. Dharsana, 2014) According to Prayitno, guidance and counseling are assistance services for students, both individually and in groups to be independent and able to develop optimally, in personal, social, learning and career guidance through various types of services and supporting activities based on prevailing norms.

The principles of counseling services relating to students' self-condition, service programs, and the purpose and implementation of services, refer to effective and efficient services, for intelligent and characteristic lives (K. Dharsana, 2014) The purpose of counseling is for students to find himself, knows himself and plans his future so he can understand and accept himself and his environment. (K. Dharsana, 2014).

1.2 Counseling Behavioral Ivan Pavlov

Behavioral Counseling is one of the counseling theories that exist today. Behavioral counseling is a form of adaptation from the behavioristic stream of counseling, which emphasizes its attention to visible behavior.

- **Life view Behavioral counseling theory Ivan Pavlov that**
Every human needs change and will experience a change in his behavior as a result of the interaction between stimulus and response in other words learning is, changes

experienced by clients or students in developing their ability to improve behavior by means of new as a result of interaction between the stimulus and response obtained.

- The process of stimulus and response interactions can be obtained by building motivation and desires held by individuals to advance and develop in order to be able to achieve an achievement.

1.3 Modeling Techniques

According to Dharsana modeling techniques is one counseling technique where someone learns to make and apply new behaviors through the process of observing, generalizing the behavior other, where is modeling also involves cognitive and creative processes rather than imitating them. (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).

2 Methodology

From the preliminary data obtained, some students showed a low Increase the Desire to Solve Something Well and Successfully Self Application of self-Increase the Desire to Solve Something Well and Successfully, can be done by using a behavioral theory and modeling techniques sociodramas techniques or psychodrama. Students can be trained in the communications standards (smiles, greetings, greetings, getting). Trained way good communication, courteous, effective, and communicative. Applications in this private field which effects on one individual to gain confidence and be able to persuade that person, let's say a student is being confided in her is B, he dared to tell all that because B has the properties of sympathy for A. This study took a number of sample's students who demonstrate the criteria of medium and low self-Increase the Desire to Solve Something Well and Successfully many as 20 students. To collect data on self-Increase the Desire to Solve Something Well and Successfully students and to obtain accurate data from this study using multiple data collection techniques along with each device data collection, namely: (1) Questionnaire, (2) Methods of Observation, (3) Interview Method, (4) Diary.

3 Results and Discussion

Increase the Desire to Solve Something Well and Successfully very effective self-RPBK implemented in schools. Judging from the questionnaire score, score diary, and student responses from a daily journal of ever increasing. It is also seen from the behavior of self Increase the Desire to Solve Something Well and Successfully students that started to change as: the student is able to provide assistance to others. Students get encouragement from others to achieve a clear result. A person needs to have a sympathetic nature to help others. In the process of applying behavioral counseling Ivan Pavlov using modeling techniques in improving self-determination, counselors are required to plan and implement the process in accordance with the procedures and steps in the counseling technique. Counselors are also required to be creative by providing new innovations in conducting counseling services in order to make counselees interested in following the service process so that the problems

experienced can be disclosed openly and get problem solving in accordance to the needs of the counselee. The class action processes given many obstacles were obtained, but with all seriousness and seriousness from the researchers, all the obstacles in blocking the research process could be overcome. Apart from the seriousness and seriousness of the researcher, there is also interference from people around the researcher who provide support for the implications for BK teachers or counselor is to provide more planned and systematic counseling services in accordance with the procedures and steps in the counseling technique. In addition, counselors must be more active in seeking information and adding insight into new things in order to enrich themselves with more varied counseling techniques and can be applied in counseling services in schools. Counselors as counselors in schools must be able to facilitate and direct the counselee in accordance with their potential and also help reveal and assist in resolving counselee problems both in the personal, learning, social and career fields to the fullest. With the right technique and in accordance with the characteristics of the counselee's problems, the counseling service process will run effectively and efficiently. With t_{count} , then t_{count} is compared to t_{table} price if the error rate is set at $t_{table} = 1.679$. t_{count} is greater t_{table} , $(4.31 > 1.679)$ so H_0 is rejected, and H_a is So there are differences significantly, the value of the student questionnaire before being given service and after being given service. After being given the value service the student questionnaire in the working sample increased. So with that it can be stated that Giving Services in training has influence on increasing the value of student questionnaires. The implication for BK teachers or counselors is that they should provide more planned and systematic counseling services in accordance with the procedures and steps in counseling techniques. In addition, counselors must be more active in seeking information and adding insight into new things in order to enrich themselves with more varied counseling techniques and can be applied in counseling services in schools. With the right technique and in accordance with the characteristics of the counselee's problems, the counseling service process will run effectively and efficiently.

Table 1. Indicator 1 Female

Score	\bar{X}	INDICATORS 1			Information
		σ^2	t_{count}	t_{table}	
Pre-test	42	10	0.63	0.11	Not significant
Pos-test	45	11	0.63	0.11	Not significant

Table 2. Indicator 1 male

Score	\bar{X}	INDICATOR 1			Information
		σ^2	t_{count}	t_{table}	
Pre-test	40	4	4.55	0.01	Significant
Pos-test	45	2	4.55	0.01	Significant

Resolve something well and will succeed in students of class X IBB SMA N 1 Sukasada showing significant enmity. This means that the student has the desire behavior to succeed. The empirical findings in this study state that the Effectiveness of Social Counseling With Modeling Techniques To Increase Self Achievement. something well and will succeed Class VII B Students in Kediri.

The results of the F test show that the two variances are not homogeneous where $t_{count} > t_{table} (29,576 > 2,13)$. Then the t-test is done and the result is that the price $t_{count} = 7.44$ with a significance of 2.024 so that H_0 is rejected and H_a is accepted. For this reason, the hypothesis that the Effectiveness of Social Counseling with Modeling Techniques Influences To Increase the Desire for

4 Conclusion

The results of this study show that completing things well and will succeed students who follow Ivan Pavlov's behavioral counseling using techniques is modeling more than students in the control group. Based on this statement we can say that Ivan Pavlov's behavioral counseling uses techniques to modeling be applied right in school. From the results of the analysis of the study, the results obtained were found that counseling services would be more effective if the counselee in implementing services was facilitated by Ivan Pavlov's behavioral counseling using techniques modeling.

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