

## Effectiveness of A Behavioral Counseling Lesson with Through Modeling Techniques to Improve The Personality Study Fellowship with Others

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**Abstract.** This study aims to Determine the Effectiveness of behavioral counseling by modeling techniques through lesson study to improve the personality allied with others in first grade. In this study, using a kind of pseudo research (quasi-eksperimet). The study sample was taken by a modeling technique through lesson study. The collection of data personality allied with others collected by questionnaire in the scatterplot in the class. Questionnaires have been tested for validity and reliability to test the hypothesis used t-test. In a get  $t = 59.02$  and the value table shows  $roomates59.02 = 1,717 > 1,717$  so that  $H_0$  refused and  $H_a$  accepted. There was significant difference given the value of the student questionnaire before and student services after the given service.

**Keywords:** behavioral modeling, lesson study

### 1 Introduction

Based on the observation that there are some students who show a variety of symptoms shown when the learning process. The symptoms are referring to different types of personalities shown. Researchers took one of the fields of personality based on the dominant symptoms shown by the students are able to fellowship with others. Based on the above symptoms, then the student can be said to show symptoms of attitude able to fellowship with others. In this study, researchers set to attitude able to fellowship with others using behavioral counseling Ivan Pavlov. There are students who show symptoms such as is capable of approaching a friend in the class. Based on the symptoms shown by the students at the top, then these students can be said to show symptoms of high self-affiliation. In this case, the students sampled by researchers some 23 people.

#### 1.1 Behavioral Theory Ivan Pavlov

View of life counseling theory's 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 change experienced by the clients or students in developing their ability to improve the behavior in a way as a result of interaction new stimulus, and a response is obtained. (Aini, Fatmaningrum, & Joseph, 2011; Indayani, Sedanayasa, Nengah, and Antari, 2014) In behavioral theory by Ivan Pavlov could be related to BK, it can be concluded as follows:

- so that students can motivate / actualize itself in order to transform itself in developing the potential within its capabilities.
- by studying the behavioral theory, students can get to know aspects - aspects of himself and can accept his situation more objectively.
- To help students express various aspects of himself.
- help students to be able to change his behavior.

## 1.2 Modeling Techniques

According to Dharsana (2016) modeling, technique is a way to introduce and counselors provide models have mechanical aptitude high to be able to do that, students were asked to replicate the model that has been provided by counselors (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; Lester, 2015; Sadewi, 2012).

In line with this definition, Komalasari, et al. (2014: 176) argues modeling technique is the means used by counselors to improve the mechanical aptitude through characterization. Characterization is such characterizations through the film, a character's imagination (imaginary), and so forth. Modeling also called mimesis (imitation), which indicates that the observed behavior toward other people, imitated, more an imitation of what is seen and observed. The process of learning through observation indicated that a learning process after observing the behavior of other people. To improve the mechanical aptitude student researchers used modeling techniques. Mechanical modeling is not just imitating or repeating what does the models (others), but modeling involves the addition or subtraction of the observed behavior. Various observations involve the cognitive processes (Alwisol, 2009).

## 1.3 Lesson Study

According to Baba (Ali, 2007), lesson, study is a process that teachers or counseling teacher progressively striving to improve service delivery methods counseling, by working together with other teachers. While Sukirman (in Ali, 2007) looked at the lesson study as a model educator professional guidance through the assessment of learning / collaborative service delivery and ongoing counseling. Referring to some of the above definition, a more complete lesson study can be interpreted as a collaborative process from a group of teachers to jointly:

- Identify learning problems (activity counseling) are perceived by teachers (one or a group of teachers),
- Plan the steps of counseling service provision (as the problem-solving effort)
- Implement counseling services are performed by one of the teachers who has (agreed), while other teachers to observe the process of providing counseling services,
- Evaluating the process of providing counseling services that have been made,
- Improve planning service delivery based on the results from the evaluation,
- Implement the provision of the services again,
- Re-evaluate the implementation of the counseling that has been implemented

- Dividing (disseminate) the experience and findings of the evaluation results with other teachers.

## 2 Methodology

From the preliminary data obtained, there are some students showed the ability allied with others lower. Implementation of personality able to fellowship with others, can be done by Ivan Pavlov behavioral theory using modeling techniques through lesson study. 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 making notes neatly to student B, student B also noted with neat seeing the student record A. To collect student data 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

Judging from the questionnaire score, score diary, and student responses from a daily journal of ever increasing. It is also seen from the behavior among the students could fellowship with others that started to change as: students are able to approach a friend in class, convince friends in class and be able to influence friends in class. In carrying out the Guidance classical authors first explain their understanding of communion with others. After that, the authors show videos related to fellowship with other people so that students understand more. Then the students had a discussion with form 3 groups. Each group discussed the understanding of communion with others. After the students had a one stay two stray to know the results from the discussion of other groups. After one stay, two stray students do sociodramas have been made to the theme of communion with others and show it to the class. After doing sociodramas authors conducted a placebo technique, where one of the students will be presented both positive and negative attitudes by two of his friends. In a placebo, technique has a code of ethics that should not be anger, resentment, and irritability. After conducting placebo engineering students will read the diary that has been made. Then the students filled out questionnaires that have been distributed by the author. Recently, students have filled reflective journal on classical Guidance service activities that have been carried out. Empirical findings in this study stated that the Counseling Behavioral Modeling Techniques Ivan Pavlov with personality to fellowship with others.

**Table 1.** Allied with others

| Allied with others |              |             |                    |                    |                    |
|--------------------|--------------|-------------|--------------------|--------------------|--------------------|
| Score              | x            | σ           | T <sub>count</sub> | T <sub>table</sub> | Information        |
| Pre-test           | 39.96        | 5.89        | 59.02              | 1,717              | information        |
| Post-test          | <b>43.09</b> | <b>1.56</b> | <b>59.02</b>       | <b>1,717</b>       | <b>significant</b> |

Pre-test scores showed an average SD = 39.95 pre-test = 5.89 T<sub>count</sub> pre-test = 59.02 T<sub>count</sub> post-test = 59.02, and T, a significant T<sub>table</sub> = 1.717 and score indicator 1 post -test shows the average = 43.08 SD post-test = 1.56 T<sub>count</sub> post-test = 59.02 significant T<sub>table</sub> = 1.717 so Thit 59.02 > 1.717 T<sub>table</sub> shows the student has a behavior capable of fellowship with others.

#### 4 Conclusion

Based on the analysis and discussion in the previous chapter stated that the proposed research hypothesis is accepted by the significance level of 10%, it can be concluded that: Behavioral counseling with Mechanical Modeling through lesson study effectively improve the ability allied with others. Based on this statement, we can say that the theory of behavioral counseling Ivan Pavlov proper modeling techniques applied in schools. To that end, the counseling teachers (counselors) should use behavioral counseling Ivan Pavlov's theory modeling techniques as an alternative to give to the students. Some suggestions can be submitted from the findings from this study are as follows: 1) To the students as research subjects so that more attention and understand the treatments provided, in order to continuously improve the ability allied with others. Students are expected to maintain an increase in the ability allied with others and do not hesitate to build relationships with others. 2) To the Teacher BK, will be expected to monitor student progress in order to improve the ability of fellowship with others. BK teachers should provide supplies of experience, knowledge and learning to the students, and formed into individual private students who have the ability to ally with others.

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