

The Effectiveness of Behavioral Counseling Theory with Modeling Techniques to Improve The Character Able to Independent Through Lesson Study

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Abstract. This study aims to determine the effectiveness of behavioral counseling modeling techniques to improve the character able to independent characters through lesson. This research is a quasi research ("Quasi Experiment"). The purpose of this study was to determine the effectiveness of modeling techniques in behavioral counseling models for able to independent of UPW B grade X students. The process of collecting data in this study used observation sheets, interview sheets, diaries and character able to independent questionnaires. The results of this study experimental group treated with modeling techniques indicator 1 produces $t_{count} = 3.57 > t_{table} = 1.94$. From this study effective modeling techniques to improve the character able to independent.

Keywords: behavioral counseling, modeling, lesson study

1 Introduction

Symptoms that indicated that is some students who experience symptoms of low character able to independent belonging such as not being able to stand on its own, unable to say what someone thought, and relies upon another person in taking decisions. The process of collecting data in this study used observation sheets, interview sheets, diaries and character able to independent questionnaires.

1.1 Character able to independent

Someone to be able to independent is the need of someone to be able to independent means that someone is able to do everything by yourself as you wish without relying on others with responsibilities.

1.2 Application Character able to independent

The application of the character refutes the opinion logically. students can apply modeling techniques by showing job simulations that are in accordance with the able to independent. After that, the student lives in one and two lives deviating to find out the results of discussion from other groups. After one stay, two stray students did a sociodrama that had been created with a theme theme to help others and display it in front of the class. After doing a

sociodrama, the author conducted a placebo technique, in which one student will be presented with a positive and negative attitude by 2 friends. In the placebo technique he has a code of ethics that should not be angry, upset, and offended. After doing the placebo technique, students will read the diary that has been made. Then students fill out the questionnaire shared by the author. Finally, students fill out a reflection journal about the activities of Classical Guidance services that have been carried out.

1.3 Counseling Behavioral

Behavioral counseling is one of the theories of counseling that exists today. Behavioral counseling is a form of adaptation from the flow of behavioristic psychology that emphasizes its attention to visible behavior. Behavioral counseling is also known as behavior modification which can be interpreted as an action that aims to change behavior. According to skiner behavioral is the use of behaviorism concepts in the implementation of counseling, such as reinforcement concepts, which are a form of adaptation of Pavlov's classical conditioning theory, and operant conditioning of Skinner (Oktariana, 2012).

1.4 Modeling Technique

The term modeling comes from English, which means imitating, imitating, modeling, or imitating. This technique counselees can observe someone who is used as a model to behave and then strengthened by imitating the behavior of the model. In this case, the counselor can act as a model that will be imitated by the counselee (Rahmayati, 2016). Modeling technique is part of behavioral therapy. Which is where the behavior technique focuses on visible behaviors and stimulating external causes. Behavior views humans as very mechanistic, because they analogize humans like a machine. The mechanistic concept explains the stimulus response as if stating that humans will move or do something if there is stimulation (Rahmayati, 2016).

2 Methodology

The type of research used in this study is a "quasi-experimental" research design. "Design nonequivalent to the pretest-posttest control group design" is because the researcher treated the group and carried out prestige before the treatment was given. This research was conducted at SMK N 1 Singaraja The population in this study were students of class

3 Results and Discussion

The results and discussion results of the dissemination of the questionnaire given to students at the end of the implementation of the research shows that every student experience increased character able to independent. As for the increase in score data of men and women on the indicator 1 character able to independent can be seen in table 1 below.

Table 1. Score enhancement character able to independent

Indicator	Mean	δ	High		Low		Before		After	
			F	%	f	%	t _{count}	t _{table}	t _{count}	t _{table}
Able to independent	2,67	5,38	96	67	11	25	3,57	1,99	4,21	1,994
Boys Village	2,26	4,38	46	61	11	25	3,93	2,03	3,93	2,03
The Women Of The Village	3,11	1,57	53	74	0	0	3,58	2,04	3,58	2,04

Indicator 1 which reads are able to independent on grade X Upw B — 1 Singaraja show price t count, compared with prices in table t with $db = n1 + n2 - 2 = 72 - 2 = 70$. Price t table to db 70 and with a level of significance of 5% ($= 0.05$) was 1.99. Thus, price t count greater than rates table t, so that H_0 is rejected and the H_a are received. This means, there is a significant difference indicator 1 is able to stand on its own in students X Upw B — 1 SINGARAJA between before and after using the theory of behavioral counseling with techniques modeling.

Conclusion: the application of the theory of behavioral counseling with techniques of modeling effect on increase in the indicator 1 is able to stand on its own in students of class X Upw B — 1 SINGARAJA. The results of the dissemination of the questionnaire given to students at the end of the implementation of the research shows that every student experience increased character able to independent with regard to data indicators on enhancement of score 2 character able to independent can be seen in table 2 below.

Table 2. result

Indikator	Mean	δ	Before		After	
			t _{count}	t _{table}	t _{count}	t _{table}
Boys Village	104,11	10,15	3,33	2,03	3,33	2,03
The Women Of The Village	111,88	12,56	0,14	2,04	0,14	2,04

Thus, price t count greater than rates table t, so that H_0 is rejected and the H_a are received. This means, there is a significant difference in self autonom on students — 1 X B Upw SINGARAJA between before and after using the theory of behavioral counseling with the technique of modeling. Conclusion: the application of the theory of behavioral counseling with techniques of modeling effect on improvement of self endurance at grade X Upw B — 1 SINGARAJA. between before and after using the theory of behavioral counseling with techniques of modeling and engineering sosiodrama. Conclusion: the application of the theory of behavioral counseling with techniques of modeling effect to women of the village and has no effect for men of the village towards the improvement of character able to independent in students of class X UPW B — 1 Singaraja. between before and after using the theory of behavioral counseling with techniques of modeling and engineering sosiodrama. Conclusion: the application of the theory of behavioral counseling with techniques of modeling effect to women of the village and has no effect for men of the village towards the improvement of character able to independent in students of class X UPW B — 1 Singaraja.

4 Conclusion

The use of the RPBK character able to independent with the theory of Behavioral very effectively done in classical students are able to improve character able to independent after getting a classical service provided by the author. Application of character able to independent, can use the technique of modeling and sosiodrama, where the author displays the video, so that students can emulate or imitate the attitudes of people who owned character able to independent. In addition, its application can be done by providing a the show sosiodrama, where his election should be tailored to the needs of character able to independent.

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