

Effectiveness of Behavioral Counseling with Modeling Techniques Improves Students' Vocabulary to Become a Leader Through Lesson Study in Singaraja

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Abstract. This study aims to determine the effectiveness of Cognitive Behavioral counseling in leadership abilities in the group cognitive behavioral counseling theory with modeling techniques to improve student behavior. The research was conducted using a sample of 20 students taken from 32 students. Data collection in this study uses a questionnaire. Then the results of the questionnaire were analyzed based on product moment formula and t - test and can be concluded that $t_{count} = 7.862 > t_{table} = 2.02$, that H_0 is rejected and H_a is accepted. It was concluded that there was effectiveness in cognitive behavioral counseling using modeling techniques in improving the behavior of students receiving advice from others.

Keywords: behavioral counseling, modeling, lesson study

1 Introduction

Based on observation research from 33 students the researchers saw 14 students show symptoms such as showing an attitude like i students looked very inclined to the Become a leader in his group negative, researchers found 18 other students had symptoms such as those that were very easy to develop positive talents. Symptoms of these students can be said to show symptoms of " Become a leader in his group ". Understanding leader are people who carry out their duties and responsibilities responsible for leading and can influence the people they lead to be a leader means it must be ready for the people protectors. This means not only leading but also taking part of the welfare of the people There are many examples that we can see from the act of being a leader, one of which is when we are in school. As a student certainly becomes the basis for a leader that we need to instill from an early age, because in the future students will become a priest in the family or leader in society [1-6]. H alle Berry said that "you have no right to be praised if you cannot accept criticism". This was conveyed by Berry at the time of receiving the award at the Oscars in 2004. Why Berry said something about criticism when the very big event took place. Certainly criticism has an important role in his life. Here are some things about its importance in accepting criticism.

1.1 Ivan Pavlov Behavioral Counseling Theory

Philosophical Life view of 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 the client or student in developing his ability to improve behavior with new ways as a result of interaction between stimulus and response obtained [2-4]

2 Methodology

From the preliminary data obtained, some students showed a Lack Become a leader in his group Application of self- implementation , can be done with behavioral theory by using modeling techniques and sociodrama techniques or psychodrama. Students can be trained to carry out communication standards (smile, greetings, greetings, greeting). 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 confiding in his friend, B, he dares to tell all that because B has the sympathy towards A. This study took the number of samples of students who showed moderate or low Become a leader in his group criteria as many as 36 students. To collect data about Become a leader in his group students and to obtain accurate data, this study uses several data collection techniques along with each data collection device, namely: (1) Questionnaire, (2) Observation Method, (3) Interview Method, (4) Diary.

3 Results and Discussion

The Become a leader in his group RPBK is very effective in schools. Judging from the questionnaire scores, diary scores, and student responses from daily journals that are increasingly increasing. Besides that, it is also seen from students' behavior from Become a leader in his group which starts to change like: students are able to provide assistance to others, students get encouragement from others to achieve a clear result, someone needs to have sympathy to help others. In applying the counseling behavior of Al 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 counsees interested in following the service process so that the problems experienced can be expressed openly and get problem solving in accordance with the needs of the counselee. In the class action process given many obstacles were obtained, but with sincerity and seriousness the researchers all obstacles that hinder the research process can be overcome. Aside from the seriousness and seriousness of the researchers there was also interference from people around the researchers who provided support 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 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 at school. Counselors as counselors in schools must be able to facilitate and direct the counselee according to their potential and help reveal and help resolve counselee problems both in the personal, learning , social and career fields. With the right technique and in accordance with the characteristics of the counselee's problems, the counseling service process will run effectively and efficiently. The count is

then compared with the price of t_{table} with $dk = n1 = n2 - 2 = 64 - 2 = 62$. With $dk = 70$, and if the error rate is set at 5% then $t_{table} = 2,000$. The value of t_{count} is greater than t_{table} , ($4.31 > 2,000$) so that H_0 is rejected and H_a is accepted. 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. Then it can be stated that Giving Service on training affects the increase in the student questionnaire value. 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 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. With the right technique and in accordance with the characteristics of the counselee land, the counseling service process will run effectively and efficiently.

Table 1. Results of T-Test Indicator 1

Data	X	QJ	t_{count}	t_{table}	Information
Pre Test Male	37.7	5.10034	3.40777	1.6715	Significant
Post Test Male	40.8	3.957388	3.40777	1.6715	Significant
Pre Test Woman	37.3	24.99	3.8090	1.6715	Significant
Post Test Woman	39.06	16:20	1.27907	1.6715	Significant

Indicator 2 is the one who becomes a leader in his group students VII F in 3rd junior high school in Singaraja men and women proved significant, meaning having a high becomes a leader in his group. This means that the student has the behavior of being a dreamer.

Table 2. Table of Frequency of Men and Women Indicator 1

Indicator 1	High		Low	
	F	%	f	%
becomes a leader in his group	19	15%	25	20%
Village Men	10	63%	13	20%
Village Women	9	56%	12	19%

Table 3.

Indicator 1	Mean	SD	High Score	Low Score
Receive suggestions from others	0,59	0,78	15	20
Village Men	0,59	0,8	63	20
Village Women	0,56	0,74	56	19

4 Conclusion

The results of this study indicate that the becomes a leader in his group of students who follow behavioral counseling Ivan Pavlov uses modeling techniques more increase than in students in the control group . Based on this statement we can say that the behavioral relationship of Ivan Pavlov uses techniques modeling right applied in school. Application of behavioral counseling Ivan Pavlov using modeling techniques implications for the planning and development of counseling service models in terms of techniques and procedures for service activities provided to counselees. From the results of the analysis of the study, the results obtained are It was found that counseling services would be more effective if the counselee in implementing services was facilitated by behavioral counseling Ivan Pavlov using modeling techniques

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