

# The Effect of Albert Bandura Social Cognitive Conservation Using Sociodrama Techniques to Improve Students of Impact and Empathy with Setting Lesson Study of Class X Aph C in SMK Negeri 1 Singaraja

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**Abstract.** This study aims to determine the application of Albert's bandura social cognitive counseling with sociodrama techniques to increase sympathy and student x empathy. type of quasi-experimental research with pre-test and post-test control group design. a sample of 32 students with 31 df . the method of collecting data using a sympathy questionnaire and empathy, 30 items. The results of data analysis, the value of tcount is 2.1866 and ttable is 1.667 with (2.1866 > 1.667) so ho is rejected, and ha is accepted. So there is a significant difference. It was concluded that cognitive awareness of social bandura albert with sociodrama techniques was effective to increase student sympathy and empathy.

**Keywords:** cognitive counseling, sociodrama techniques, lesson study, sympathy and empathy.

## 1 Introduction

Based on observation an investigator from the 32 student researchers looked at 20 students showed symptoms such as demonstrating the attitudes of students looking very inclined to sympathy and empathy that are negative, an investigator found 12 other students had symptoms like that is easy to develop the talent that is positive. Symptoms of these students can be said to show symptoms of "sympathy and empathy.

### 1.1 Sympathetic and empathetic

Empathy comes from the Greek language *Empathia* which means passion or physical attraction is defined as the ability of a person to have awareness in terms of recognizing, perceiving, feeling the feelings of others. Because a person's thoughts, beliefs, and desires are related to his own feelings. Someone who is empathetic will be able to know the thoughts and moods of other people, understand other people's feelings more deeply as we feel for a moment in the world of that person, equating perspective but still objective and racial thinking that we can finally understand and understand their needs and feelings with very precise. Empathy can also be interpreted as deep sympathy that can affect a person's mental and

physical state. So Empathy is often regarded as a kind of resonance feeling that is closely related to love. Sympathy is a process of someone feeling attracted to another party, so that they are able to feel what is experienced, done and suffered by others that often affects us so that our perspective on that person becomes less objective because we are carried away. Through the process of sympathy, people feel themselves as if they were in the same state as others and felt what they experienced, thought or felt, so that feelings played an important role. Sympathy is more evident in friendship relationships, neighboring relationships, or work relationships. Someone feels sympathy from others because of his attitude, appearance, authority, or actions ( Dharsana, 2014; Ernawati, Suarni, Putri, & Ps, 2015; Subiantari, Dharsana, & Made Sulastri, 2015).

### **1.2 Application of the Nature of Sympathy and Empathy**

The application of the nature of sympathy and empathy can be done by sociodrama or psychodrama. Students can be trained to carry out communication standards (smile, greetings, greetings, getting). Trained in good, polite, effective and communicative ways of communication. Application in this personal field can apply sincerity and sincerity to others, for example, student A is experiencing difficulties, then friend B will help A with a sincere and sincere nature without expecting any reward and able to cultivate the nature of sympathy and empathy. In addition, the application is carried out by giving a sociodrama performance, where the selection of characters must be adapted to the needs of Self Nurturance students who have been adapted to the procedures and sociodrama steps below that will be elaborated. After the technique is done, it is continued with group counseling, and finally on individual counseling. So that later students can apply the Self Nurturance into the personal field.

### **1.3 Sociodrama Technique**

Sociodrama is a method or a counseling technique that is given by presenting a short drama performance given in helping to shape and enhance students' sympathy and empathy. . (Dharsana, 2014b; Flasch, Taylor, & Iii, 2017; Graham, Scholl, SmithAdcock, & Wittmann, 2014; Karlina Dewi, 2014; Munawaroh & Lubis, 2015; Sudirman, 2016; Winarlin & Lasan, 2016)

## **2 Methodology**

The type of research used in this study was the design of the study "quasi experiment." Design was nonequivalent to the pretest-posttest control group design. In sampling, the technique used is random sampling and random class as an intact group. The definition of random sampling is sampling of members of the population is done by selecting samples randomly, regardless of the strata that exists in that population. All objects in one class are considered to have the same opportunity to be taken as a sample (Dantes, 2012). This study took the number of samples of students who showed self- nurturance criteria with indicator 3 being empathetic and moderate and low sympathy as many as 32 students. To collect data about sympathy and empathy for students and to obtain accurate data, in this study using several data collection techniques and their respective data collection devices, namely: (1) Questionnaire, (2) Observation Method, (3) Interview Method, (4) Diary. Starting from the

results of the normality and homogeneity tests of the data is empathy and sympathy above, it can be said that the requirements for testing hypotheses with t- test can be fulfilled. Therefore, hypothesis testing can be continued by using the Paired Sample Test technique. The results of such a test t- shows, the value of 31 446 t sig.0,63 Thus, the null hypothesis (H 0) which states that there is no influence Implementation Albert Bandura Social Cognitive Counseling Technique Sociodramas To Increase empathy and sympathy students can be trained to perform the communications standards (smiles, greetings, greetings, greating). 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 can persuade the person, for example, student A is confiding in his friend, B, he dares to tell all that because B has sympathy towards A. This research takes the number of sample's students who show.

### 3 Results and Discussion

Being empathetic and sympathetic is very effective at school. Judging from the questionnaire scores, diary scores, and student responses from daily journals that are increasingly increasing. It is also seen from the students' behavior began to change as: k ebutuhan someone to have shifts at sympathy to help others. Viewed from the nature of empathy and sympathy. Students then the results:

**Table 1.** sympathetic and empathetic

Indicator 3	high		low	
	F	%	f	%
have the nature of sympathy to help others	180	62,5	44	15.28
Village Men	72	25	18	12.5
Village Women	108	37,5	26	18.06

The research data shows that class x aph smk n 1 singlaraja has sympathy to help others with a high of 63% and low 15% as for men from villages who have a high frequency of 25%, low frequency 13%, women from villages, which has a high frequency of 38% and a low of 18%.

**Table 2.** nature of sympathy and empathy

Indicator	Mean	Elementary school	High		Low		Before		After	
			f	%	f	%	t <sub>count</sub>	t <sub>table</sub>	t <sub>count</sub>	t <sub>table</sub>
have the nature of sympathy to help others	2.95	1.74	62.5	15.28	44	15.28	15.29	1.99	15.29	1.99

Village Men	3.45	2.16	25	12.5	18	12.5	38,71	1.69	38,71	1.69
Village Women	4.07	2.22	37.5	18.06	26	18.06	8.21	1.69	8.21	1.69

The research data shows that grade X students of aph c smk n 1 singlaraja have the nature of sympathy and empathy with a high score of 68% and a low score of 13% as for men from villages who have a high frequency score of 29%, a low score of 12%, women from villages who have a high score of 40% and a low score 19 %.

**Table 3.** Data has the nature of sympathy and empathy

Indicator	Mean	Elementary school	High		Low		Before		After	
			f	%	f	%	t <sub>count</sub>	t <sub>table</sub>	t <sub>count</sub>	t <sub>table</sub>
have the nature of sympathy to help others	3.66	1.10	268	93.06	8	11.11	15.29	1.99	15.29	1.99
Village Men	3.67	1.11	135	93.75	3	8.33	38,71	1.69	38,71	1.69
Village Women	3.68	1.12	133	92.36	5	13.89	8.21	1.69	8.21	1.69

Indicator 3 which reads the need for someone to have the nature of sympathy to help others to achieve a clear result of student X APH C SMK N 1 SINGARAJA Average Pre-test :  $\bar{X} = 29.75$   $\sigma_1 = 2,032$  T hits = 1.33 T tab = Significant Average Post-test :  $\bar{X} = 88.906$  hit  $\sigma_1 = 1,215$  T = 1.33 T tab = 1.66757. Signifikan. This means that these students have helpful behaviors when people are confused doing the math assignments given by the teacher.

Average Post-test :  $\bar{X} = 30,854$   $\sigma_1 = 2,186$  Tcount= 0,63 Ttable = 1.66757. Significant. This means that the student has a liking behavior to help people who are more troubled in doing homework assignments given by the teacher. The empirical findings in this study state that application of Albert Bandura Social Cognitive Counseling with Sociodrama Technique to Improve the nature of sympathy and empathy for Class X aph c smk n 1 singlaraja . F test results known that the second variance is not homogeneous where  $F_{count} > F_{table}$  (5.141 > 1.66980). Then the t-test is done, and the result is that the price t count = 5.141 with a significance of 1.66980 so  $H_0$  is rejected, and  $H_a$  is accepted. For this reason, the hypothesis is the application of Albert bandura social cognitive counseling with sociodrama techniques to increase sympathy and empathy for students through lesson study in class x aph c smk n 1 singlaraja.

#### 4 Conclusion

Sympathetic and empathetic are the personalities a person has in understanding and feeling what others feel. ( Dharsana, 2014; Ernawati, Suarni, Putri, & Ps, 2015; Subiantari,

Dharsana, & Made Sulastri, 2015) The results of observations made on students in class x aph c smk n 1 singlaraja.it is known that there are some students who experience symptoms of sympathy and empathy. Which has been classified into three categories, including students who have " sympathy and empathy" are relatively high, classified as moderate and relatively low. Observations made in class x aph c smk n 1 singlaraja.academic year 2018-2019, seen some students showing symptoms do not provide assistance to others, unable to get encouragement from other people to achieve a clear result, have no trait's sympathy to help others. On the other hand, there are some students who show symptoms of giving help to others, able to get encouragement from others to achieve a clear result, have the nature of sympathy to help others. Based on the symptoms shown by the students mentioned above, the students can be said to lack sympathy and empathy. Based on the results of the analysis and discussion in the previous chapter, it was stated that the proposed research hypothesis was accepted based on the significance level of 5 % (0.05) , it can be concluded that the results from this study indicate that the nature of sympathy and empathy. Students who took social alberth bandura cognitive counseling with sociodrama techniques increased more than in students within the control group. Based on this statement, we can say that the selection of cognitive social media bandura using sociodrama techniques right applied in schools. Application of Alberth Bandura cognitive counseling using sociodrama techniques have implications for the planning and development of counseling service models in terms of techniques and procedures for service activities provided to counsees. From the results of the analysis to the study, the results obtained are it was found that counseling services would be more effective if the counselee in the implementation of the service was facilitated with alberth bandura cognitive counseling using sociodrama techniques.

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