

## The Effectiveness of Behavioral Counseling with Techniques of Modeling By Lesson Study Setting to Improve Endurance of Students

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**Abstract.** This research aims to improve students on task behavior by Behavioral Counseling with Techniques of Modeling By Lesson Study Setting. This research population is 59 students and research samples of 25 students with this type of research is quasi-experiments, pretest-posttest control group design. From the analysis of  $t_{count} 14,875 > t_{table} 2,063$  so that  $H_0$  is rejected and  $H_a$  be accepted. So, there is a significant difference attitude complete the work at grade X SMA Negeri 4 Singaraja before and after using the theory of behavioral counseling with the technique of modeling. Behavioral counseling can be summed up with the modeling techniques through lesson study effectively to improve the attitude of complete the work.

**Keywords:** behavioral counseling, modeling technique, lesson study

### 1 Introduction

Students in the life at school show the characteristics on tasks behavioral. On task behavior is finished to complete as when students were given the task by the teacher, the students work on it until it is finished, trying to complete the work to your satisfaction as the time given a difficult task, students keep trying to finish it up completely and work, in earnest, namely students and students working on the task in earnest. On the contrary, there are also students who demonstrate the characteristics do not finish the job until completion, unwilling to attempt to finish the job has been completed, and does not work, in earnest, in doing tasks. From exposure to the above, the characteristic is a characteristic self-endurance. Finish the job until complete that low can intervene with education, guidance counseling and extra. In this study, researchers set out to finish the job until thoroughly intervenes using guidance counseling approach.

According to Abu Ahmadi (1991:1), that the guidance is provided to help the individual (student) so with the potential of being able to develop themselves optimally with the understanding of the self, to understand the environment, overcome barriers to determine future plans. It is also expressed by Prayitno and Erman Amti (2004:99). The guidance is the process of granting of the aid committed by people who are experts to someone or some people are individuals, both children, teenagers, or adults; so that the person can be guided to develop the capabilities of her own and independently by harnessing the power of the individual and of the means that can be developed on the basis of the applicable norms. While

Bimo Walgito (2004:4-5), defines that the guidance is to help or the help given to individuals or groups of individuals in avoiding or overcoming the difficulties of her life, so that individuals can achieve the welfare of his life. Personal relationship counseling is conducted face-to-face antarab two people in which counselors through the relationship with the special skills, provide learning situations. In this case, the konseli is assisted to understand themselves. Their circumstances are present, and likely future situation that can be created with potential uses, for the sake of personal as well as for the well-being of the community. More konseli can learn how to solve problems and find needs to come (Tolbert, in Prayitno 2004:101).

Jones (Insano, 2004:11) mentions that counseling is a professional relationship between a Counsellor who is trained with the client. This relationship is usually an individual or a-a, although it sometimes involves more than two people and is designed to help clients understand and clarify the views of the scope of his life, so that they can make a choice meaning for him. Counseling is the process of awarding assistance conducted through interviews by an expert counseling to individuals who are experiencing a problem that boils down to teratasinya the problems encountered (K. Dharsana, 2013; Agustin, 2014; Kurniawan, 2015).

So the notion of guidance and counseling an assistance provided by counsellors to konseli so that konseli is able to resolve the issues it faces and is also able to develop its potential ( K. Dharsana, 2013; Agustin, 2014; Ayriza, 2009; K. Dharsana, 2014; Kurniawan, 2015). According to Dharsana (2014:2), model theory-a theory of Psychoanalytic Theory i.e. "counseling Sigmund Freud; Theories Of Counseling Self Adler; Psikodinamika Group Counseling theory in theoretical assumptions of Melanie Klein; Theories of Counseling-centered Personal by Carl Roger; Gestalt Counseling Theory Of Fritz Perls; Transactional Analysis Theory Of Eric Berne; Counselling Theory Of Reality (William Glasser); A theory of Human Motivation "Maslow's"; Theories Of Counseling Logo Victor Frankl; The Theory Of Cognitive Counseling (Aaron Beck); The Theory Of Train Behaviour Counselling (By Krumboltz); Behavioral theory (the theory of conduct); Social Cognitive Theory (Albert Bandura); The Theory Of Rational Emotive Behavioral Counselling Albertt Ellis; The Conception Of The Theory Of George Kelly; The Theory Of Eklecticism; Personologi Theory Of Murray; The Theory Of The Election Office Of John L. Holland; Career Development theory and the development of Life (Super); The theory of the election Office or Careers according to Anne Roe; Career Development theory by Ginzberg and counseling Career Trait and Factor ". The counselling theories above, surely it can be applied in implementing the guidance counseling services. See konseli problem related to improving the attitude of complete the task until it is finished, the advantages and disadvantages of each theory and the ability of researchers in applying existing counseling theory, then the researcher chooses theory Behavioral Counseling.

Behaviorism is an approach in counseling that analyzes that behaviors that appear to be measurable, illustrated and predicted. Behavior therapy is more concentrated on action modification, and focuses on current behavior rather than the past (Fauzan, Lutfi: 2004: 78). According to Bandura (in the translation of E. Koswara, 1988: 221) "modeling technique is modeling observation, observing someone else so that someone forms ideas and behavior, then explained as a guide to action." Bandura also emphasized that modeling is a consequence of imitating other people from experience both direct and indirect experiences, so that

emotional reactions and fear of someone can be eliminated. Based on the description above, researchers are interested in examining the effect of behavioral counseling with modeling techniques to improve the attitude of completing work to completion. This study examines the "Effect of behavioral counseling with modeling techniques through lesson study to improve the attitude of completing work to completion.

## 2 Methodology

This study included quasi-experimental research with the research design used was "nonequivalent control group design." This design is very often used in another educational and behavioral research (Dantes, 2012: 97). The populations in this study were all students of class X in Singaraja Public High School 4. The total number of students is 348 people spread in 11 class units. Sampling in this research is done by sampling purposif (purposive sampling). The sample of this research totalled 25 students are given treatment using counselling techniques with behavioral modeling. The primary method used to measure a variable tuntasadalah to complete the job questionnaire likert scale pattern refers to. Questionnaire in research is organized on the basis of indicators and aspects of self endurance, i.e. (1) work to completion (2) Attempted the task until it is finished (3) Seriously and works hard to complete the job. A complementary method is the method of complements was used in this study, which includes diaries and interviews (interview). Data research results analyzed by t-test statistics.

## 3 Results and Discussion

The results from the dissemination of the questionnaire given to students at the end of the implementation of the research show that every student has an increased attitude increased attitude of complete Repeated Word the work to your satisfaction. As for the increase in score data of men and women on the indicator complete Repeated Word the work to your satisfaction can be seen in table 1 below.

**Table 1.** Score increased finish work until thoroughly

Indicator	Mean	d	High		Low		Before		After	
			f	%	F	%	t <sub>count</sub>	t <sub>table</sub>	t <sub>count</sub>	t <sub>table</sub>
Finish the job until completion	5.32	1.63	133	76	14	56	14,875	2,063	14,875	2,063
Boys Village	5.07	1.69	71	72	14	9	2.86	2.200	2.86	2.200
Woman Village	5.64	1.57	62	81	5	6	2.81	2.178	2.81	2.178

Indicator that reads completing the work until completion of class X SMAN 4 Singaraja shows the price t count, compared with the price t in the table with  $df = n-1 = 25 - 1 = 24$ . Price's t table for  $df$  24 and with a significance level of 5% ( $\alpha = 0.05$ ) is 2.063. Thus, the price of t count is greater than the price of t table, so  $H_0$  is rejected and  $H_a$  is accepted. This means, there is a significant difference in the indicator of completing work to completion in students between before and after using behavioral counseling theory with modeling techniques through lesson study. Conclusion: the application of behavioral counseling theory with

modeling techniques through lesson study has an effect on increasing the attitude of doing work until it is finished in students.

#### 4 Conclusion

Based on the results from the analysis and discussion above, it can be stated that the proposed research hypothesis is accepted based on the significance level of 5%. The conclusion in this study is behavioral counseling with modeling techniques through effective lesson study to improve the attitude of completing work to completion. Some suggestions can be submitted based on the findings in this study are: To guidance counseling Teacher SMA Negeri 4 especially in Singaraja, is expected to monitor the development of students in order to improve the attitude of complete work until it has been completed. To the students who were the subject of research, i.e. students of class X in order to better understand the guidance that has been provided in order to improve the attitude of complete the work to your satisfaction.

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