

## Effectiveness of Behavioral Counseling with Modeling Techniques to Improve the Self-achievability

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**Abstract.** This study aims to determine the effectiveness of behavioral counseling modeling techniques to improve the characterget things done well and will succeedthrough lesson study on first-grade students. This type of research is quasi-experimental with pre-test and post-test control group design. This study population of 58 students, while the samples of this study are 22 students, Collecting data using questionnaires character get things done well and will succeed with 30 items. The results of the data analysis tcount value 22.48> ttable 2.07 so that Ho refused and Ha accepted. So there is a significant difference. It can be concluded that effective behavioral counseling modeling techniques to improve the characterget things done well and will succeed.

**Keywords:** behavioral counseling, modeling, Lesson study

### 1 Introduction

The results of observations made are known that there are some students who experience the symptoms of Improve the Character Finishing Something Well and Will Succeed which have been classified into three categories, including students who have " Improve the Character Finishing Something Well and Will Succeed " classified as high, classified as moderate and classified as low. Symptoms shown are some students who experience low self-achievement symptoms such as not completing things well and will succeed, complete tasks and require effort followed by skills and skills, able to complete something very important, and better than anyone. In addition, there are some students who experience high self-achievement symptoms, such as being able to get things done well and will succeed, completing tasks and requiring effort followed by skills and skills, being able to accomplish something very important, and better than anyone. Improve the Character Finishing Something Well and Will Succeed Getting things done well and will succeed is a self who is owned by someone for achievement who can complete or complete something he does well and succeeds. Examples: counselors, teachers, and lecturers.

#### 1.1 Ivan Pavlov's behavioral counseling theory

Behavioral counseling theory contains philosophical or views on Improve the Character Finishing Something Well and Will Succeed , which is about emphasizing changes in behavior in habituation. 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

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stimulus and response, in other words, learning is, changes experienced by clients or students in developing their ability to improve behavior in new ways from the results of the interaction between the stimulus and response obtained because as it is known that "Behavioral counseling is a counseling theory that emphasizes human behavior, which is basically formed and determined by the environment, and all of its behavior is learned or obtained because of the training process.

## 1.2 Modeling Technique

Behavioral Counseling is one of the counseling theories that exist today. Behavioral counseling is a form of adaptation from the behavioristic stream of counseling, which emphasizes its attention to visible behavior (Pertiwi et al., 2014; Damayanti and Aeni, 2016). In line with the definition, suggesting modeling techniques is a method used by counselors to improve self affiliation through characterization, characterization in question such as characterization through films, imaginary figures (imaginary), and so forth. Modeling is also called imitation, which shows that the behavior of others that are observed, imitated, is more of an imitation of what is seen and observed the learning process through observation shows the occurrence of the learning process after observing behavior in others.

## 2 Methodology

The type of research used for 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. The populations in this study were 22 students. Based on the above, then in this study, the sampling method used was purposive sampling (purposive sampling). Purposive sampling (purposive sampling) is a sampling technique that is based on characteristics or characteristics (objectives) set by previous researchers. The reason against the use of purposive sampling technique is that data collection is only carried out on groups of subjects who have characteristics in accordance with the objectives of the study, namely students who have moderate and low self-achievement.

To obtain data on Improve the Character Finishing Something Well and Will Succeed , several research instruments were used, namely 1) Observation Sheet, 2) Interview Sheet, 3) Questionnaire, and 4) Questionnaire. The following is an explanation of the instruments that will be used in this study. In carrying out observations, the aspects of self-achievement observed to refer to the indicators of the three aspects of Self achievability, namely: 1) Resolving things well and will succeed 2) Completing tasks and requiring effort followed by skills and skills 3) Able to accomplish something very important, and better than anyone.



## 3 Results and Discussion

From the initial data obtained, some students showed a low Improve the Character Finishing Something Well and Will Succeed such as showing that they did not get things done well and would succeed, completing tasks and needing effort followed by expertise and skills, being able to accomplish something very important, and better than anyone. There are

students who show symptoms of Improve the Character Finishing Something Well and Will Succeed that are positive (+) or negative (-). Quantitatively, the number of students who showed positive (+) symptoms of Improve the Character Finishing Something Well and Will Succeed as many as 11 people and who showed symptoms of Improve the Character Finishing Something Well and Will Succeed that were negative (-) as many as 11 people. In percentage, 50% of students show symptoms of Improve the Character Finishing Something Well and Will Succeed are positive (+) and 50% of students show symptoms of Improve the Character Finishing Something Well and Will Succeed that are negative (-). So, from this initial data, it can be seen that students, the similarities in the symptoms of Improve the Character Finishing Something Well and Will Succeed that are positive (+) or negative (-).

After the questionnaire is filled in by each individual student, then the questionnaire score is entered into the questionnaire score table. The calculation results found that the indicator was able to solve something very important, and better than anyone, from the initial score showed a 7 percent increase. This increase in the score means that indicators capable of completing something very important, and better than anyone using Ivan Pavlov's Behavioral Counseling with modeling techniques, can improve significantly.

**Table 1.** T-test Test Results Indicator 1

Skor			Tcount	ttable	Ket
Pre-Test	33.13	4.74	4.671	1.720	Signifikan
Post-Test	37.67	3.30	4.671	1.720	Signifikan

Based on the results of the t-Test on indicator 1 shows the value of tcount = 4.671. Then it can be stated that Ho is rejected, and Ha is accepted. So it can be seen that the application of behavioral counseling theory Ivan Pavlov with modeling techniques affects increasing indicator 1 indicator 1 completing things well and will succeed in students.

## 4 Conclusion

From the research that has been done, it can be concluded that there is the application of behavioral counseling Ivan Pavlov with modeling techniques to improve self-achievability through lesson study in students. Based on the results of hypothesis testing in the table above, the t-Test shows the value of tcount = 4.671. Then it can be stated that Ho is rejected, and Ha is accepted. So it can be seen that the application of behavioral counseling Ivan Pavlov with modeling techniques to improve self achievability through lesson study.

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