

# Effectiveness of Behavioral Ivan Pavlov Conservation With Modeling Techniques to Increase Characters Organize Work Neatly Through Lesson Study

Ade Oki Agus Pradana<sup>1</sup>, I Ketut Dharsana<sup>2</sup>, Ni Ketut Suarni<sup>3</sup>  
okik342@gmail.com<sup>1</sup>, iketutdharsana@undiksha.ac.id<sup>2</sup>, niketut.suarni@undiksha.ac.id<sup>3</sup>

Universitas Pendidikan Ganesha, Indonesia<sup>123</sup>

**Abstract.** This study aims to determine the effectiveness of behavioral counseling Ivan Pavlov modeling techniques to improve the character of organize work neatly through lesson study. This type of research is quasi-experimental with pre-test and post-test control group design. The samples were 32 students with df 31. Data collection methods using questionnaires characters organize work neatly totaling 30 items. The results of the data analysis is the value of  $t_{hit} 7,826 > t_{tab} 2,039$  so  $H_0$  rejected and  $H_a$  accepted. So there are significant difference. It can be concluded that behavioral counseling Ivan Pavlov effective modeling techniques to improve the character of organize work neatly.

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

## 1 Introduction

Based on observations of 32 students study the researchers looked at 10 students showed symptoms such as demonstrating the attitudes of students looking very likely to be less able to regulate the work neatly, the study also found 22 other students have symptoms such as easy to develop the talent that is positive. Symptoms such students can be said to exhibit symptoms of "character set with a neat job."

### 1.1 Characters Organize Work Neatly

Character set is a neat job with the personality of a person in organizing the work neat and orderly, with the aim to record and organize the work / something neatly.

### 1.2 Application of Character helps others

Implementation characters neatly arrange the work can be done in a way or modeling techniques. Students can perform application of modeling techniques to demonstrate how simulation works relevant to the character set with a neat job. After the students had a one stay two stray to know the results of the discussion of other groups. After one stay two stray students do sociodramas that have been created with the theme Characters organize work neatly and display it in front of the class. After doing sociodramas authors conducted a placebo technique, where one of the students will be presented both positive and negative attitudes by two of his friends. In a placebo technique has a code of ethics that should not be

anger, resentment, and irritability. After conducting a placebo engineering students will read the diary that has been made. Then the students filled out questionnaires that have been distributed by the author. Recently students fill reflective journal on classical Guidance service activities that have been carried out.

### **1.3 Ivan Pavlov's Behavioral Theory**

Philosophical Life view of Ivan Pavlov's Behavioral Counseling theory that every human being needs change and will experience a change in his behavior as a result of interactions between stimulus and respondent, in other words, learning is, changes experienced by clients or students in developing their ability to improve behavior in new ways the results from the interaction between stimulus and respondents obtained. (Aini, Fatmaningrum, & Yusuf, 2011; Indayani, Sedanayasa, Nengah, & Antari, 2014) In behavioral theory according to Ivan Pavlov can be linked to the BK, it can be concluded as follows:

- so that students can motivate / actualize themselves to be able to change themselves in developing their potential according to their abilities.
- By learning behavioral theory, students can recognize aspects of themselves and can accept their situation more objectively.
- To help students express various aspects of themselves.
- Helping students to be able to change their behavior

### **1.4 Modeling Techniques**

According to Dharsana (2016) modeling techniques are ways to introduce, and counselors provide models that have the character of helping other people to be able to do so, students are asked to imitate the model provided by the counselor. (Adi, Ananda, Dharsana, & Suarni, 2017; Adiputra, 2015; Ardana, Dharsana, & Suranata, 2014; Ayu, Wati, Suarni, & Dharsana, 2017; Damayanti & Aeni, 2016; Kadek Pigura Wiladantika, I Ketut Dharsana, 2014; Lestari, 2015; Sadewi, 2012). In line with this definition, Komalasari et al. (2014: 176) suggests modeling techniques are ways used by counselors to improve the character of organize work neatly through characterization, characterization in question such as characterization through films, imaginary figures (imaginary), and so forth. Modeling is also called imitation.

## **2 Methodology**

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 students who showed character criteria to help other people who were moderate or low as many as 36 students. To collect data about characters to help other 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 test and character homogeneity of data to help others above, it can be said that the requirements for testing hypotheses with a t-test can be fulfilled. Therefore, hypothesis testing can be continued by using the Paired Sample Test technique. The results of the t-test are as

shown, the t-test value is sig. sig. 0.05. Thus, the null hypothesis (H0) which states that there is effect effect on effectiveness effectiveness of Ivan Pavlov's behavioral counseling with modeling techniques to improve the character of organize work neatly students can be trained to carry out communication standards (smile, greetings, greatting). greatting). Trained in a manner that is good, polite, effective, and communicative so that students are able to have the character of organize work neatly.

### 3 Results and Discussion

RPBK characters neatly organize work very effectively implemented in the school. Judging from the questionnaire score, score diary, and student responses from a daily journal of ever increasing semakin. It is also seen from the behavior of the students of the character set with a neat job that started to change as: students are able to work with neat character set.

**Table 1.** Characters organize work neatly

Indicator 1	High		Low	
	f	%	f	%
<b>Characters organize work neatly</b>	211	82,42	25	9,77
<b>Village Man</b>	104	81,25	12	9,38
<b>Village women</b>	107	83,59	13	10,16

The research data show that class VIII.5 students of SMP Negeri 2 Singaraja behavior to record and organize the work neatly with a high of 82.42% and 9.77% lower while the men of the village who have a high frequency of 81.25%, .Perempuan low 9.38% of villages have a high frequency of 83.59% and 10.16% lower.

**Table 2.** Characters organize work neatly

Indicator 1	Mean	SD	Score	
			High	Low
<b>Characters organize work neatly</b>	3.30	0.97	82,42	9,77
<b>Village Man</b>	6.50	1.21	81,25	9,38
<b>Village women</b>	6.69	0.79	83,59	10,16

The research data show that class VIII.5 students of SMP Negeri 2 Singaraja behavior to record and organize the work neatly with a high of 82.42% and 9.77% lower while the men of the village who have a high frequency of 81.25%, .Perempuan low 9.38% of villages have a high frequency of 83.59% and 10.16% lower

**Table 3.** Pre-test Characters organize work neatly

Indicator 1	Mean	SD	High		Low		Before		After	
			f	%	f	%	t <sub>count</sub>	t <sub>table</sub>	t <sub>count</sub>	t <sub>table</sub>
Characters organize work neatly	3.30	0.97	211	82,42	25	9,77	7,86	2,039	7,86	2,03

Indicator 1	Mean	SD	High		Low		Before		After	
			f	%	f	%	t <sub>count</sub>	t <sub>table</sub>	t <sub>count</sub>	t <sub>table</sub>
Village Man	6.50	1.21	104	81,25	12	9,38	5,89	2,131	5,89	2,13
Village women	6.69	0.79	107	83,59	13	10,16	5,49	2,131	5,49	2,13

**Table 4.** Post-test (Characters organize work neatly)

Indicator 1	Mean	SD	High		Low		Before		After	
			f	%	f	%	t <sub>count</sub>	t <sub>table</sub>	t <sub>count</sub>	t <sub>table</sub>
Characters organize work neatly	3.59	1.39	230	89,84	3	1,17	7,86	2,039	7,86	2,03
Village Man	7.25	0.68	116	90,63	2	1,56	5,89	2,131	5,89	2,13
Village women	7.13	0.72	114	89,06	1	0,78	5,49	2,131	5,49	2,13

**Table 5.** Recapitulation of Pre-test and Post-test Data

Skor	$\bar{X}$	$\delta$	t <sub>count</sub>	t <sub>table</sub>	Ket
<b>Pre-Test</b>	40,781	3,452	7,862	2,039	Significant
<b>Post-Test</b>	45,656	1,977	7,862	2,039	Significant

Characters arrange the work neatly in class VIII shows:

Average Pre-Test:  $= 40.781 \square = 3,452$  ttab thit = 7.826 = 2.039. Significant

Average Post-Test:  $= 46.656 \square = 1,977$  thit = 7.826 ttab = 2,039. Significant Price t, compared with the price t in the table with  $df = n-1 = 32-1 = 31$ . Price ttable for Df 31 and with a significance level of 5% ( $\square = 0:05$ ) was 2,039. Thus, the price of t greater than ttable price, so H0 is rejected and Ha accepted. This means, there are significant differences of character set neatly on student work VIII.5 between before and after using the theory of behavioral counseling by modeling techniques. Conclusion: the effectiveness of behavioral counseling theory by modeling techniques to affect the increased character set with a neat job in class VIII.5.

## 4 Conclusion

Based on the results from the analysis and discussion in the previous chapter, it was stated that the proposed hypothesis was accepted based on the significance level of 5% (0.05). than students in the control group. Based on this statement, we can say that Ivan Pavlov's behavioral counseling uses modeling techniques to be applied right in school. The application of behavioral counseling Ivan Pavlov using modeling techniques has 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 of the study, the results obtained are found that counseling services will be more effective if the counselee in

implementing services is facilitated by behavioral counseling Ivan Pavlov using modeling techniques.

## References

- [1] Aini, N., Fatmaningrum, W., & Yusuf, A. H. (2011). Upaya meningkatkan perilaku pasien dalam tatalaksana diabetes mellitus dengan pendekatan teori model behavioral system Dorothy E. Johnson. *Jurnal Ners*, 6(1), 1-10.
- [2] Adiputra, S. (2015). Penggunaan Teknik Modeling Terhadap Perencanaan Karir Siswa. *Jurnal Fokus Konseling*, 1(1).
- [3] Ardana, I. N. S., Dharsana, I. K., & Suranata, K. (2014). Penerapan Konseling Karir Holland dengan Teknik Modeling untuk Meningkatkan Kematangan Karir Siswa Kelas X Tkj 1 Smk Negeri 3 Singaraja. *Jurnal Ilmiah Bimbingan Konseling Undiksha*, 2(1).
- [4] Ananda, K. A. C., Dharsana, I. K., Suarni, N. K., Sari, K. S. A. P., Dantes, N. D. N., & MWP, D. A. (2017). Cognitive Behavioral Counseling with Modelling Pan Balang Tamak to Improve Persuasive. *Bisma The Journal of Counseling*, 1(2), 1-9.
- [5] Damayanti, R. (2016). Rika Damayanti, Tri Aeni, 3 (1), 1–10.
- [6] Damiati, V., Lumangkun, A., & Dirhamsyah, M. (2015). Partisipasi masyarakat dalam melestarikan kawasan hutan lindung gunung buduk sebagai sumber air bersih di Desa Idas Kecamatan Noyan Kabupaten Sanggau. *Jurnal Hutan Lestari*, 3(1).
- [7] Dharsana, M. V., & Sindhu, S. (2016). Antimony selenide nanoparticles as panchromatic sensitizer: Fast synthesis and study of their photovoltaic behavior. *Materials Letters*, 183, 448-450.
- [8] Indayani, A., Sedanayasa, G., Antari, N. N. M., & Erg, M. (2014). Penerapan Konseling Behavioral Dengan Teknik Penguatan Positif Sebagai Upaya Untuk Meminimalisasi Perilaku Membolos Pada Siswa Kelas X. 1 Sma Negeri 1 Sawan Tahun Ajaran 2013/2014. *Jurnal Ilmiah Bimbingan Konseling Undiksha*, 2(1).
- [9] Keyes, C. L. (2005). Mental illness and/or mental health? Investigating axioms of the complete state model of health. *Journal of consulting and clinical psychology*, 73(3), 539.
- [10] Wati, I. A. W., Suarni, I. K., & Dharsana, I. K. (2017). Cognitive Counseling Behavioral with Modeling The Figure of Dharmawangsa to Increase Verbal. *Bisma The Journal of Counseling*, 1(1), 1-10.
- [11] Wiladantika, K. P., Dharsana, I. K., & Suranata, K. (2014). Penerapan Konseling Behavioral dengan Teknik Modeling untuk Meminimalisir Perilaku Agresif Siswa Kelas XI Bahasa SMA Negeri 2 Singaraja. *Jurnal Ilmiah Bimbingan Konseling Undiksha*, 2(1).
- [12] Sadewi, A. I., Sugiharto, D. Y. P., & Nusantoro, E. (2012). Meningkatkan self efficacy pelajaran matematika melalui layanan penguasaan konten teknik modeling simbolik. *Indonesian Journal of Guidance and Counseling: Theory and Application*, 1(2).