

Analysis of Counseling Techniques in Changing Negative Student Behavior in Teaching and Learning Activities

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Abstract

The purpose of carrying out this research is, (1) To find out how counseling techniques are implemented in changing negative behavior in teaching and learning activities in class II students at SD Negeri 4 Sukadana. (2). To find out what are the obstacles to implementing counseling techniques in changing negative behavior in teaching and learning activities for class II students at SD Negeri 4 Sukadana. (3). To find out the impact of implementing counseling techniques in changing negative behavior in teaching and learning activities for class II students at SD Negeri 4 Sukadana. The research method used in this research is descriptive research with a qualitative approach. Descriptive research is research that provides a systematic, factual and accurate description of the object under study. The results of the research in changing the negative behavior of class II students through a counseling technique approach at SD Negeri 4 Sukadana, based on the results of observations, interviews and documentation, resulted in changes students' negative behavior becomes positive behavior, students no longer bother their friends, no longer fight with friends, when taking their friends' things they now ask for permission first, no longer make fun of their friends, and when they leave the classroom and the teacher in the classroom now asks Get permission from the teacher first and follow the teacher's words. Thus, it can be concluded that applying counseling techniques to teaching and learning activities can change the negative behavior of students in class II of SD Negeri 4 Sukadana.

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1. INTRODUCTION

Education is a conscious and planned effort to provide guidance or assistance in developing physical and spiritual potential given by adults to students to reach maturity and achieve goals so that students are able to carry out their life tasks independently (Rahmat & Hidayat, 2016).

Students are individuals who are experiencing development. Development is a process towards maturity. Therefore, students must always be accompanied by good development. The development of students is greatly influenced by environmental factors such as social culture, science and technology. Student development needs to be monitored and accompanied to achieve optimal development. This is because without assistance, an environment that has both negative and positive influences is difficult to control and control (Irwan & Wiyani, 2016).

The learning and teaching process is not free from problems. We know that the characteristics of each student are different both physically, mentally, intellectually and socially-emotionally. These characteristics are what make complications often present when the teaching and learning process takes place. Therefore, it is hoped that the presence of counseling will be able to help

teachers to overcome problems created by these differences in characteristics (Indra Sudrajat, 2020).

Talking about students, especially those related negatively, is a problem that is felt, because it is very important and interesting to discuss, where someone with student status who is part of the young generation is a national asset and is a source of hope for the future of the nation and religion. For this reason, it is of course our obligation and duty as parents, educators and the government to prepare the young generation to become a generation that is strong and insightful or has broad knowledge by guiding and turning them all into a good and responsible country. .

Many negative cases of students occur both in the school environment and outside of school, for example they often play truant, scribble on the walls, fight, like to disturb their friends, and some even get pregnant out of wedlock. These problems are what require us as parents and educators to move quickly so that they do not continue, because students have bad or bad morals, which will cause damage to the survival of the nation (Vishnu Aditya, 2018).

School is a place to educate and develop the abilities of students from birth and childhood, so that they can give birth to a future nation with good character. Especially in elementary schools, where this is the right basic start in educating students in instilling positivity in forming good character (Dhinity & Mita, 2022). However, there are many problems that occur in the elementary school environment, especially teachers during teaching and learning, one of which is children's negative behavior and which is difficult to regulate during the teaching and learning process (Martinis, 2012).

Based on the results of observations made by researchers at SD Negeri 4 Sukadana, the reality found by researchers is that, during the teaching and learning process in class, students like to disturb their friends while studying, fight with their friends, take their friends' things without asking permission first, mocking friends, going out without the teacher's permission and not taking the teacher's words to heart. The number of class II students is: 22 students, 10 men, 12 women. The number of students who behaved negatively in teaching and learning activities was 8 male students. The results of observations from class II teachers also show that students' negative behavior is caused by households that do not pay enough attention to their children. Don't be surprised if children accidentally often carry out negative behavior that comes from their own parents.

Class II teacher stated that to overcome negative behavior in students, reprimand them slowly and don't shout or be angry, because students of this type will not change if they are scolded, they need to be approached, paid attention to and invited to discuss, and give they are motivated to change for the better.

There are 8 forms of negative student behavior that often cause problems that harm themselves and others, including 1. Disorder, 2. Wanting to control, 3. Feeling superior, 4. Likes to fight, 5. Opposition or defiance, 6. Goes aimlessly, 7. Tendency to form groups, 8. Annoying and hurtful. Some students, based on a number of reasons and certain factors, experience problems with regularity. However, they often do things that parents or educators don't like. Apart from that, they also always complain about their living conditions. In this case they start to get trapped in an irregular life. For example, throwing clothes or trash carelessly. Eliminating school facilities or items, and so on (Dhinity & Mita, 2022).

Counseling is a confidential face-to-face relationship, full of an attitude of acceptance and providing opportunities from the counselor to the client (Gularso, 2022). Another opinion says that counseling is an effort to help individuals through a personal interaction process between the counselor and the counselee so that the counselee is able to understand themselves and their environment, is able to make decisions and determine goals based on the values they believe in so that the counselee feels happy and their behavior is effective (Nurma, 2017).

The success of counseling is the achievement of optimal results from providing counselor assistance to the counselee which can be seen from changes in the counselee's behavior or attitude. The counseling process can be said to be successful if the counselee is able to accept himself, is

able to adapt, understands and solves his own problems, and is able to make his own decisions (Rifda, 2014).

The writer is interested in conducting research entitled "Analysis of Counseling Techniques in Changing Negative Student Behavior in Teaching and Learning Activities aims to change the negative behavior of students in teaching and learning activities so that students have better behavior and develop the potential that exists in students.

2. METHOD

This research uses a qualitative approach. Qualitative research is research that produces analytical procedures and does not use statistical analysis procedures or other qualification methods. Qualitative research is a focus of attention in a variety of ways that include interpretive and naturalistic approaches to the subject of events (Neong Muhadjir, 1996).

Qualitative research is often referred to as naturalistic research, because researchers want natural conditions. Therefore, the approach and type of research that the author considers appropriate in this research is a qualitative approach. Qualitative research is considered suitable because it is natural and requires integrity in accordance with the research problem (Sugiono, 2002).

The research location is SD Negeri 4Sukadana whose address in Semokan Hamlet, Batu Rakit Village, Bayan District, North Lombok Regency.

Technique of Data collection in the form of observation is research carried out systematically which is deliberately carried out using the senses, especially the eyes, for events that can be immediately captured as they occur. Interviews are used to obtain data about the level of success and implementation of learning (Kunandar, 2014). Documentation is a method of collecting data that is used to search for data and written information (Burhan, 2002).

The validity of the data in this research uses a credibility test, a credibility test for trust in research results, and in this research uses triangulation techniques. Data validity checks are applied to prove research results against the reality in the field. Triangulation is a data examination technique that utilizes something other than the data for checking purposes.

3. RESULTS AND DISCUSSION

From the description of the research results on the implementation of counseling techniques in changing negative behavior in teaching and learning activities in class II students at SD Negeri 4 Sukadana using 4 techniques, namely attending techniques, reflection techniques, paraphrasing techniques and questioning techniques. It was found that 8 students who were categorized as having negative behavior after carrying out counseling techniques had experienced changes for the better or behaved positively. This can be explained from the 6 indicators of negative behavior and the score obtained before the action was 166, the score during the action was 125 and the score after action 76.

The counselor approaches students which is manifested in the form of behavior such as eye contact, body language and spoken language. Good attending behavior must combine these three aspects so that it will make it easier for counselors to engage students in conversation and be open. Good attending behavior can be; (1) Increase students' self-esteem, (2) Create a safe and familiar atmosphere, and (3) Make it easier for students to express their feelings freely.

Reflections of feelings can be positive, negative and ambivalent. Reflection of positive feelings shown by the counselor in counseling through a statement of agreement with what was conveyed by the student. Reflection of negative feelings shown by the counselor in counseling through the counselor's statement of disagreement or rejection of what was stated by the student.

This technique that the counselor tells the students again that the teacher is always with the students, tries to understand what the students say, summarizes what the students say in summary form, gives direction to the counseling interview, and double-checks the counselor's perception of what the students say (Tohirin, 2007).

Generally, teachers have difficulty opening conversations with students, because it is difficult to guess what students are thinking. For this reason, teachers must have skills in asking questions. There are two types of questioning techniques, namely open and closed questions. In open questions, students are free to give their answers, while closed questions describe alternative answers, for example yes or no, agree or disagree, and so on. (Tohirin, 2007).

There are other obstacles too. One of the inhibiting factors is the educational background of guidance counselors or counselors who generally do not come from BK, because guidance counselors do not have a guidance counselor background, the knowledge and skills of guidance counselors are inadequate or do not meet the qualifications. Most BK teachers are transferred from subject teachers, although some of these teachers have undergone training or upgrading regarding guidance. The thing that remains an obstacle is that their skills are still minimal.

These obstacles are not only experienced as coming from within the client, but other problems also originate from within the counselor himself. Meanwhile, obstacles that may come from a counselor are usually caused by a counselor's lack of ability/mastery in using counseling techniques, both verbal and non-verbal, so that the problems experienced by students are not clearly revealed. Apart from that, it may also be caused by a counselor's inability to build a good relationship with the counselee at the time/beginning of counseling, thus making the counselee not feel free to express the problem, especially for the counselee who is called. Other problems that are no less important experienced by counselors are external problems, whether from colleagues who think negatively about the existence of counselors, and systems that do not support the existence of guidance and counseling services in schools (Kamaruzan, 2016).

The positive impact of guidance and counseling services at schools is solving student learning problems, achieving student development tasks, reducing students' levels of depression, and helping them understand and accept themselves.

The negative impact of guidance and counseling services in schools is that they require quite a lot of time to implement especially if you use effective study hours.

4. CONCLUSION AND ADVICE

Based on the results of research and discussions conducted at SDN 4 Sukadana, it can be concluded as follows: That the implementation of counseling techniques in changing negative behavior in teaching and learning activities in class II students at SD Negeri 4 Sukadana, namely during the research carried out, included 4 techniques, namely: Attending technique, Reflection of feelings technique, Paraphrasing technique, and questioning technique.

Obstacles in implementing counseling techniques in changing negative behavior in teaching and learning activities in class II students at SD Negeri 4 Sukadana are students' lack of openness to the class teacher, lack of openness in the family environment to the class teacher and the school, lack of attention from parents such as living with their grandmother. or his grandfather.

The impact of implementing counseling techniques in changing negative behavior in teaching and learning activities in class II students at SD Negeri 4 Sukadana is that students change negative behavior into positive behavior, no longer disturbing friends while studying, fighting with friends, taking friends' things, teasing friends, going out without the teacher's permission and no longer having difficulty managing teaching and learning activities. Can add and expand understanding of thinking about Analysis of Counseling Techniques in Changing Negative Behavior in Teaching and Learning Activities for Class II Students at SD Negeri 4 Sukadana. It is hoped that it can increase the ability and knowledge of counseling techniques in changing negative behavior in teaching and learning activities specifically for class II students at SD Negeri 4 Sukadana. For Further Researchers.

Institution elementary school education regarding the importance of providing guidance to students so that they can get along well with students, teachers and other school officials. And the importance of dealing with the occurrence of being difficult to manage, being rebellious, hitting friends, and making noise during teaching and learning activities. Increase perspective insight and increase experience by applying the theory that has been studied.

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