

Effectiveness of Group Counseling Services in Increasing Social Interaction in Students: Literature Review

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Abstract

Social interaction is basically an individual relationship between individuals, or individuals and groups that mutually influence, change, improve behavior in living together. If social interaction is established well then this will be beneficial for the teenagers themselves. This article aims to determine the effectiveness of group counseling services in increasing students' social interactions in junior high schools. The research method used in this review is a literature review. Literature review is a term to refer to a particular study or research and development carried out to collect and evaluate research related to a particular topic focus. Social interaction is an important thing that every individual must have, therefore the results obtained are good social interaction, good socialization skills are also needed and improving social interaction can be done by conducting group counseling. Group counseling plays a significant role in the development of student communication, students who initially have limitations in communicating and interacting socially and tend to become isolated after attending group counseling tend to be more able to interact well with life social.

INTRODUCTION

Adolescence is a transition from childhood to adulthood where every individual must be prepared to enter the community environment. In this period, individuals begin to seek recognition for their existence and carry out social interactions with society, so individuals must have good social interaction skills. Social interaction, which is developed optimally, can help teenagers to meet individual development requirements, such as psychological development, physical development and social development (Muslim, 2013).

Social interactions that often occur among teenagers are interactions between individuals and groups. The social interaction process includes relationships between individuals and individuals, individuals with groups, or groups with groups which can influence each other (Fahri & Qusyairi, 2019). Adolescent social groups are formed because they want to be appreciated, have the same thoughts, and have the same hobbies (Dewi, 2019). Acceptance of an individual in a group will make the individual feel comfortable and feel recognized for their existence. This can help individuals to develop optimally. However, there are still many teenagers who experience rejection from their peer group. This rejection will affect the development of adolescents, for example, adolescents will feel low self-esteem, lack self-confidence, be unable to control themselves, be unable to adapt to their environment or even withdraw

from their surroundings.

Social interaction must be developed well because it can help the social life of every individual in society. Social interactions that are not well developed can make it difficult for individuals to develop and adapt to the surrounding environment. On the other hand, individuals who have skills in social interaction will easily make new friends and easily adapt to new environments (Sulistiyowati, 2019). Social interaction is a condition where individuals are able to build dynamic relationships, both individually and in groups (Lestari, 2013). Relationships like this in social interactions can be positive or negative relationships. Social interaction between students is necessary in the learning process at school (Bali, 2017). Students who are able to interact socially with other students show that their social skills are good. They can position themselves, adapt, and are able to accept the presence of other people around them.

Social interaction is basically an individual relationship between individuals, or individuals and groups that mutually influence, change, improve behavior in living together (Fatnar, 2014). If social interaction is established well then this will be beneficial for the teenagers themselves. Teenagers will feel confident when meeting other people, teachers, relationships with friends are well established, and the learning process becomes smooth, even in the midst of society.

Skilled communication can be an asset for the realization of good social interaction relationships in society, especially in the school environment (Yulianti, 2021). Face-to-face communication is the most perfect. This communication will provide a sense of comfort and familiarity with the person you are talking to. The ability to interact socially can make individuals able to think logically, socialize, be responsive, and communicate well with other people. In the educational environment, school is an environment that has the potential to help students achieve developmental tasks. Schools not only educate students in cognitive and academic aspects but also develop other aspects, for example how to talk to elderly people and colleagues, manners in accordance with the values that apply in society so that students are able to develop and adapt well in the community and work environment.

Students not only learn to achieve academic achievement, but also learn to interact and communicate well with peers, teachers and everyone, both at school and outside school (Septikasari, 2020). This is due to the nature of humans as social creatures in which humans always interact and communicate with other humans to fulfill their needs. Maximum ability in social interaction is one of the goals of the learning process carried out by students at school. If a student interacts well, especially in studying, then it will be easier for them to be accepted in the school environment, especially in the classroom.

In fact, there are students at school who are isolated from their friends in the learning process. These ostracized students withdraw and have difficulty getting along with others. Problems that make it difficult for them to interact socially at school are because students prefer group games, form discussion groups with friends of their choice, individualism, introversion, difficulty expressing feelings to others, carelessness about the school environment, rarely communicating with friends, tend not to caring that friends who do this do not understand the learning material. That is a

problem that must be resolved immediately so that it does not impact the learning process at school.

METHOD

This article is literature review research. Literature review is a search and research of the literature by reading various books, journals and other publications related to the research topic, to produce an article regarding a particular topic or issue. A research project - whether to produce a report for a particular agency, office or company, or for the purpose of increasing personal knowledge about a particular matter, or for publication in a journal, or for the purpose of achieving a diploma (thesis, thesis and dissertation) – of course use a number of literatures as reference or reference material. Searching, selecting, weighing, and reading literature is the first job in any research project (Creswell 2003, Chapter 2). The topic that will be discussed in this article is quasi-experiment.

RESULTS AND DISCUSSION

Excluded students mean students who are excluded are rarely selected or receive the most rejection in groups where one of the causes is the student's low level of intelligence. On another page, it is stated that students who are ostracized are students who lack the characteristics of teenagers that can be accepted by their peers, for example having a neat appearance and behaving actively in group matters, being willing to think about group matters, and actively providing good initiative, being polite, patient, not easy to anger, honest and trustworthy, responsible, likes to carry out the tasks given to him, likes to work together, and is not stingy. The more students lack these characteristics, the more they are isolated or rejected by their peers.

Social interaction is a dynamic social relationship, which concerns the relationship between individuals and groups. Interaction occurs when two people or groups face each other and interaction occurs between the two parties (Pebriana, 2017). The importance of social interaction in social life has many

positive impacts (Wildan, 2022). The positive impact will be seen in the way they treat friends, interact with older people, and even make it easier for them to find work when they grow up. However, if social interaction is not good it will certainly have an impact on students and their surrounding environment. Students will have difficulty responding to the person they are talking to, be confused about expressing their opinion, and may be embarrassed to ask questions. Therefore, increasing students' social interactions so that they can feel the positive impact that will be obtained if they carry out social interactions both at school and in the community.

The social interactions experienced by teenagers place more emphasis on interactions with peer groups. This is because teenagers spend more time outside the home with their peers in groups. Therefore, most of them have difficulty interacting with older people while still at school. Apart from that, many teenagers also experience difficulties in interacting with their peers because it is difficult for them to adapt to their environment, so that this adjustment makes them feel inferior and withdraw from their surrounding environment. Students' success in interacting with other people can be seen when students are able to be involved in group activities, have an independent attitude in solving problems and are able to give direction to others, are not shy about expressing opinions, and are able to give love and attention to others.

There are two types of social interactions consisting of positive social interactions and negative social interactions (Yunistiati, 2014). Positive social interactions occur when individuals are able to engage socially in activities appropriate to their age, take responsibility, face or solve the problems they face, and make decisions happily without conflict. Meanwhile, negative social interactions can be characterized by an individual's inability to solve problems, an inability to take responsibility, this can be seen from the behavior of a person who is negligent in lessons, aggressive and very confident in his abilities. He often seems

depressed and rarely smiles or jokes with his peers and often dreams in crowded environments. Thus, it can be interpreted that positive social interactions and negative social interactions are interactions that influence an individual's behavior. One of the negative impacts is student progress in learning.

Guidance and counseling services have a diverse scope and can be seen from various points of view, one of which is the role of understanding, prevention, mitigation and treatment (Yulianti, 2015). Guidance and counseling services include ten different services that require compensation from counselors. Coaching and counseling is a process carried out by professional staff to help people being coached systematically and continuously so that the person being coached can understand themselves, their environment, lead and adapt to their environment. develop their potential optimally for their welfare (Rahayu, 2017).

Group counseling is a service that can be used to prevent or resolve problems that occur in the personal, social learning and career fields (Marliani, Siagian, 2022). Group counseling emphasizes interpersonal communication, thoughts, feelings, and behavior, and also focuses on the here and now. Group teaching is usually problem-oriented, and group members are strongly influenced by its content and goals. By leading groups, counselors can help overcome problems such as difficulty interacting with peers. The process of implementing group control is carried out by a supervisor and several supervisors in one group. Alleviating individual problems in group counseling has a wider reach. In individual counseling the client only benefits from the relationship with the counselor, in group counseling the client receives material for self-development and problem solving from both the counselor and group members.

In group counseling, each client's individual problems are usually discussed, but still in the context of discussing the same problem. So that group counseling can run smoothly, there are several principles in

group counseling, including the principle of volunteerism and the principle of confidentiality (Suryani & Khairani, 2017). This is done so that supervisors can express their problems voluntarily and not coerced. In addition, based on the principle of confidentiality, clients are not afraid that problems will arise elsewhere other than in group counseling. Group counseling services are a form of providing guidance and counseling services. Group counseling is about offering help.

Group counseling can also help students with social problems. Social interaction itself is the relationship between each individual and each other and how the individual socializes with the surrounding environment. This social interaction is very important for each individual, especially a student, in the continuity of social life and school because in this social interaction there is a reciprocal relationship between one another. others (Masela, 2019). Furthermore, this social interaction will not be created if there are no factors or causes for the interaction to occur. Some of the causes of social interaction are attraction, closeness, comfort and the same feeling in socializing, then a person's personality also influences the interaction process.

Students who have problems socializing or mingling will feel isolated and tend to be alone. This can happen if these students have difficulty communicating and expressing themselves, then students who have low social interaction will tend to be isolated in school and social life (Suwarni, 2021). It is through group counseling that the guidance and counseling teacher or as a group leader can help students solve their problems and help students' communication skills and self-expression. Then, in implementing group counseling to improve students' social interactions, it is hoped that the group members will help each other and understand what the students are feeling and will then be able to accept the students in socializing and in their teenage lives, and with this group counseling it will make the group members or students become open with each other.

Students who have low communication skills and find it difficult to interact after group counseling will tend to become more open and begin to be able to learn and try to express themselves and their feelings, such as those who were initially shy, quiet and did not dare to express their opinions will become more open with others. friends and began to be able to interact well with this group counseling. This means that group counseling has a lot of positive impacts on students' social and communication development as well as implementing the general and specific goals of group counseling itself. Therefore, with this group counseling, it can present a new figure in the student, especially students who have problems interacting socially, students will become more confident and begin to be able to open up to the surrounding environment. And also in this group counseling, they discuss personal problems. These students then in this service process have several goals, namely alleviating student problems and helping develop communication potential, insight, attitudes, thoughts, and especially interaction factors.

CONCLUSION

The conclusion of this research is that guidance and counseling services have a diverse scope and can be seen from various points of view, one of which is the role of understanding, prevention, mitigation and treatment. Guidance and counseling services include ten different services that require compensation from counselors. Coaching and counseling is a process carried out by professional staff to help people being coached systematically and continuously so that the person being coached can understand themselves, their environment, lead and adapt to their environment. develop their potential optimally for their welfare. Group counseling is a service that can be used to prevent or resolve problems that occur in the personal, social and career fields. Group counseling plays a significant role in the development of student communication. Students who initially have limitations in communicating and interacting socially and tend to become

isolated after attending group counseling tend to be more able to interact well with their social life.

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