

THE EFFECTIVENESS OF GROUP COUNSELING WITH SELF-CONTROL TECHNIQUES TO IMPROVE STUDENT LEARNING DISCIPLINE (RESEARCH ON GRADE X MM3 STUDENTS OF SMK MUHAMMADIYAH SALAMAN)

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Abstract

This research aims to determine the effectiveness of group counseling using self-control techniques to improve learning discipline in class X Multimedia 3 SMK Muhammadiyah Salaman. The design in this research is a quasi-experimental design (Quasi Experimental Design) with the Pretest-Posttest One Group Gesign model. Research subjects were selected using purposive sampling. The sample taken was 8 students as the experimental group. The data collection methods used were learning discipline questionnaires and unstructured interviews. Test the validity of the learning discipline questionnaire instrument using the product moment formula, while the reliability test uses the Cronbach alpha formula with the help of the SPSS for Windows version 23.00 program. The analysis prerequisite tests consist of a normality test and a homogeneity test. Data analysis used parametric statistical techniques, namely the Paired Samples T-Test using the SPSS for Windows version 23.00 program. The research results show that students' learning discipline has increased after receiving group counseling with an average of 25% and the results of the Paired Samples T-test analysis with a significance value showing $p=0.000$. The probability results show less than 0.05, so the H_a hypothesis is accepted and H_o is rejected. Based on the research results obtained, it can be concluded that group counseling using self-control techniques is effective in improving learning discipline in class X Multimedia 3 students at SMK Muhammadiyah Salaman.

Keywords: *Self Control Techniqu, Group Counseling, Learning Discipline*

1. INTRODUCTION

Education is a very important investment for the nation in development towards progress. Law Number 20 of 2003 article 1 paragraph 1 concerning the national education system states that education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, noble character, and skills needed for society, nation, and state. Through learning, students will produce intelligent and skilled humans to prepare themselves for the future. This is a driver for students to achieve success, namely to obtain good learning achievements.

Learning achievement can be used as a measure of student success and learning progress. Learning achievement achieved by students cannot be separated from various factors, both from within students and from outside students. One of the factors in oneself is discipline. Discipline is one of the determining factors for student success in learning. The phenomenon that occurs in the world of education today, many students experience a decrease in learning discipline. In the teaching and learning process, discipline against rules and regulations must be applied, because rules and regulations are a unity that cannot be separated as the formation of student discipline in obeying rules in the classroom and outside the classroom. Without good discipline, the school and classroom atmosphere becomes less conducive to learning activities so that the teaching and learning process will not run smoothly according to plan.

Based on the results of an interview at SMK Muhammadiyah Salaman, namely with Mr. Arman Febrian, S.Pd as the supervisor of BK teachers, information was obtained that many problems occurred namely the low discipline of student learning, where in every class there must be students who lack discipline in learning. Then on May 1, 2018, researchers made observations with Mr. Arman Febrian in class X because it coincided with the BK class hours he taught. From the observations and according to his statement, the attitude of disciplinary violations that appear is: students arrive late to school, students do not follow certain class hours, students do not do homework or assignments given by the teacher, cheating behavior during tests, students do not pay attention properly during class and students do not participate in extracurricular activities held by the school. From the identification of these problems, it can be seen that learning discipline problems are the most common problems experienced by students and must be overcome immediately.

Low learning discipline can occur due to the weakness of individuals in controlling themselves. For this reason, a service is needed that can help students, in this case group counseling services are considered the most appropriate to be given to students. Therefore, it is necessary to apply *self-control* techniques that can form responsible learning discipline. The purpose of this study was to determine the effectiveness of group counseling services with *self-control techniques* in improving student learning discipline at SMK Muhammadiyah Salaman. It is hoped that this research can increase the insight and knowledge of readers.

Discipline comes from the basic word discipline. Discipline comes from the Latin *discere* which means to learn. From this word, arises the word *disciplina* which means teaching or training. Discipline is an orderly state in which people who are members of an organization submit to existing rules with pleasure (Imron, 2011:172). Discipline is essentially a statement of mental attitudes of individuals and communities that reflect a sense of obedience, obedience supported by awareness to fulfill duties, and obligations in order to achieve goals (Rachman, 2000:168).

According to Slameto (2003:2) Learning is a process of effort made by a person to obtain a new change in behavior as a whole, as a result of his own experience in interaction with his environment. According to Djamarah (2011:13), mentioning that learning is a series of mental activities to obtain a change in behavior as a result of individual experiences in interaction with their environment that concern cognitive, affective, and psychomotor. Indicators of learning discipline are (1) being able to manage study time at home, (2) diligent

and regular study, (3) good attention when studying in class and (4) self-order when studying in class.

According to Latipun (2008:178), group counseling is a form of counseling by utilizing groups to help, provide feedback and learning experiences. Group counseling in the process uses the principles of group dynamics. According to Natawidjaja (2009) suggests that group counseling is an effort to help individuals in a group atmosphere that is preventive and healing, and is directed to providing convenience in the context of change and growth. According to Goleman (2005:131), self-control is a skill to control oneself from the flames of emotions that look conspicuous. Signs include tension when dealing with stress or dealing with someone who is hostile without retaliating with similar attitudes or behaviors.

2. IMPLEMENTATION METHOD

This research method uses experimental research methods. The design in this study, researchers used experimental research methods (*pre-experimental*) in the form of *Pretest Posttest One-Group Design*, with group counseling with *self-control techniques* to increase the learning motivation of grade X MM3 students of SMK Muhammadiyah Salaman. *Pretest Posttest One-Group Design* is a design that is carried out twice assessment, namely before *Treatment (O1) pre test* and after *Treatment (O2) post test*. The *independent* variable in this study is *self-control* while the *dependent* variable is learning discipline. The population set at SMK Muhammadiyah Salaman is 716 students with *purposive sampling* techniques. Data collection techniques used are interviews, questionnaires, and literature studies. Researchers tested the data using a *nonparametric* hypothesis test.

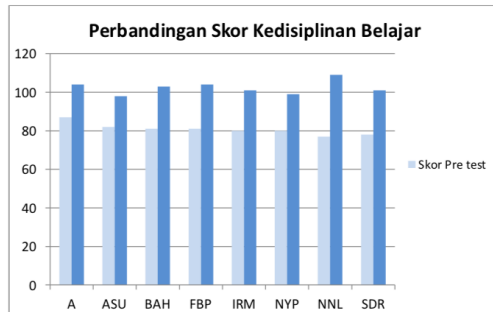
3. RESULTS AND DISCUSSION

Table 1 Descriptive Statistic

	N	Mini mum	Maxi mum	Mean	Std. Deviation
Pre Test	8	77.0	87.0	80.7	1.0
Post Test	8	98.0	109.0	102.37	1.2
Valid N (Listwise)	8				

Based on the table above, it is known that the research sample amounted to 8 students. The minimum pre-test score was 77, the maximum score was 87, with an average of 80.75 and a standard deviation of 3,011. After treatment and post-test, the minimum value obtained was 98, the maximum value was 109, with an average of 102.37 and a standard deviation of

3,461. From the information of the table, it can be seen that after being given treatment, the score of the learning discipline questionnaire increased.



Picture 1 Comparison of Pretest and Posttest Scores

Based on the score comparison table above, it shows that there is an increase in scores. The highest score increase was 32 with a percentage of 42%, the lowest score increase was 16 with a percentage of 20% and the average increase was 20 with a percentage of 25%. From the analysis of the following table, it can be concluded that after counseling treatment is given, there is a change, namely an increase in scores on learning discipline.

Table 2 Paired Samples Test Results

Table 3 Paired Samples Test Results

Table 4 Paired Samples Test Results

Table 5 Paired Samples Test Results

	P	P	Mean		St d. Error	95% Confidence Interval of the Difference		Sig. (2-tailed)
			M	St d. Deviation		L	U	
air 1	osttest	Learnin	21.625	95516	75191	25.767	17.482	12.000
	g	Discipli				61	39	344
	ne							

From the results of the difference test shows t count of -12.344, then in accordance with the basis of decision making above if- Tcalculate < -Ttable (-12.344 < -2.364) and with Sig. (2-tailed) for a two-sided test is p = 0.000 or probability less than 0.05 (0.000 < 0.05)

then H_0 is rejected and H_a is accepted, or it can be interpreted that there is a difference between before and given treatment.

Based on research shows that group counseling is effective for improving student learning discipline. This can be proven from the results of the comparison between pre and post test scores with an average increase difference of 25% after being given group counseling treatment self-control techniques. In addition, based on the results of the Paired Samples T Test difference test shows a calculated t value of -12.344 which if $-T_{\text{calculate}} < -T_{\text{table}}$ ($-12.344 < -2.364$) with a significance value $p = 0.000$, the probability result shows a value of less than 0.05 ($0.000 > 0.05$) then H_0 is rejected and H_a is accepted.

The results of the study were supported by research conducted by Naning Eka Saputri, Subiyanto and Indiati which was carried out at SMPN 12 Magelang in 2017 with the title "Group Counseling with Self Control Techniques Against Student Learning Anxiety at SMP N 12 Magelang". This research design uses pre-experiment with one group pretest posttest design. Based on the results of the study showed that group counseling self-control techniques have a significant positive influence in reducing learning anxiety.

Research conducted by Mawarto entitled "The effectiveness of group counseling by utilizing a model to improve the discipline of grade XI MIA 3 students of SMA Negeri 8 Surakarta Semester II of 2014/2015". The study discusses student discipline that will be improved through group counseling services. From the results of the study, it was concluded that group counseling can improve student discipline. In line with the research above, researchers use group counseling services that are expected to improve student learning discipline.

Based on previous research above, it is proven that, group counseling can improve learning discipline, and self-control techniques can be applied to improve learning discipline. So in connection with the literature review and previous research with this research, namely group counseling techniques for self-control techniques to improve student learning discipline, it is very relevant and appropriate as a reference because this research has proven successful in increasing learning discipline in grade X MM3 students of SMK Muhammadiyah Salaman.

This research process also still has limitations, namely limitations in terms of research methodology. Although the research design that the researchers used was in accordance with the pre-experimental model pre-test post test one group design, but this model still has weaknesses, the weakness of this research model is that it only uses one group or does not use a control group (control class), then the observations made between pre-test and post-test are only limited to observations from the experimental group and there is no other class as a comparison class / control class.

4. CONCLUSION

In this study, it was found that group counseling with self-control techniques *has an influence in efforts to improve learning discipline, this is shown by pre-test and post-test data that have increased in numbers after being given group counseling treatment with self-control techniques*. Based on the results of research that has been conducted by researchers stated that group counseling services with *self-control* techniques are effective in improving

learning discipline in students, evidenced by pre-test and post-test improvement scores with an average score of 20 with a percentage of 25%.

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