

## Implementation of Behavioristic Counseling Guidance Model to Improve Student Behavior Discipline In Islamic Elementary Schools

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**Abstract:** Behavioral counseling is one technique of theory-based therapy, behavior-focused learning in-demand individuals and helping counselees learn to act in-demand new to solving problems through action-oriented techniques. The subjects in this study were ten Islamic elementary school fifth-grade students identified as having low discipline. The data was obtained from the documentation on the card violation students recommended by the guidance counselor at school. Discipline-level students have seen many score rule violations in schools on the card violation student. The higher the score rule violation in school, the lower-level discipline students obey the school rules. On the contrary, more and more low score violations against the rules of the school, then the higher level discipline students in obeying the school rules. This research aims to test the implementation of counseling group behavior in helping increase discipline students in obeying Islamic elementary school rules. The data collection method used in this study is the test. This research is a pre-experimental design study with a one-group pre-test and post-test design model. The subjects in this study were ten fifth-grade Islamic elementary school students with current levels of discipline until low adherence to the school rules. The data analysis technique used in this study is a non-parametric analysis using the sign test with a level of 5% significance. Results of data analysis obtained that there is influence from application counseling group behavior for increase discipline students in obeying the rules school in fifth-grade elementary school students.

**Keywords:** Counseling Behavioristic, Behavior Discipline, Islamic Elementary School

### A. Introduction

Students with up-to-date problems must become focus attention counselors related to aspect discipline. In this case, discipline is an essential aspect to be disseminated by all personnel at school for all students. It is intended that students understand and comply with the rules that apply in school with accompanied awareness from within themselves so they can be implemented and practiced in the learning process every day at school, home, and in society. However, the phenomenon in the field shows that discipline students do not yet develop optimally. Condition the reflected from plural form violations committed student to the rules that apply in school, suitable to straightforward aspect, e.g., rule neatness self and clothing, as well related violations with moral aspects (Agustina et al., 2019; Czajkowski et al., 2017; Huangfu et al., 2021).

Based on the results of studies preamble conducted by researchers with do interviews with teachers and principals Islamic State of Elementary School 4 Bandar Lampung (MIN 4 Bandar Lampung). Interview results with teachers and principals show that no special teacher is assigned to organize guidance and counseling programs. Because the execution of guidance and counseling in schools the assigned to the class teacher. However, the class teacher doubled as a guidance and counseling teacher the confessed that not follow training about implementation guidance and counseling. The implementation of guidance and counseling so far happened due to the implementation of service guidance and counseling done by the class teacher understanding that even though the class teacher has a portion of doing guidance and counseling, it turns out that

the burdening task, and classroom teacher administration, is very draining time and effort so that often implementation guidance and counseling neglected. In addition, it is known that service guidance and counseling are carried out regularly whole by rule as well as pattern implementation guidance and counseling in elementary school because of the teacher's lack of understanding, will, and skills.

According to (Saputri & Widyasari, 2022) in research put forward that discipline is essential indeed to teach and accustomed early children every day because discipline will form character positive for them so that later they will be capable of determining what they should do, and which one is best they avoid facing twists and turns in the journey of this life. Discipline enforced starts from family as the environment most miniature from society, of course, will form children we are the incident later become generation successor nation, be the decisive figure. In principle, they are firm in holding applicable rules and norms and complying. To run it, they have an identity, a solid self for becoming a figure good and obedient person who rules each activity in daily life.

Instilled student behavior discipline will be capable of obeying whatever regulations exist and will not be influenced by anyone to break them because, of course Already used to live in order with walk-ins by enforced rules. Discipline can strongly influence the generation's successor us, then Already should We all specifically started from the environment home (parents) to get used to teaching/educating discipline to all children from an early (Freidus, 2020). The role of discipline on behavior and achievement student says that behavior is a reflection concrete that appears in attitudes, actions, and words as a reaction to someone showing up Because the experience of the learning process and stimulation from the environment exists. This attitude can respond positively or negatively.

Research on service guidance and counseling is essential. According to (Lee et al., 2021), service guidance counseling has a role in shaping behavior, guiding teachers to discipline students to discipline, and encouraging students to study a concrete and practical life at school, positive and negative things. Discipline students will see from obedience and strict adherence to regulation in school. Research (Hariko & Rachmawati, 2018) put forward that school guidance and counseling are more vital than ever. This service is an integral part of the educational program in schools to help and facilitate student achievement task development. Guidance and counseling is something Suite business done by someone counselor to use help student can carry out discipline in life in a reasonable manner without experiencing a problem so that achievement life effective every day.

Besides that, to overcome problem discipline, still implementing the guidance model in a manner classic, so that result not enough maximal and needed something behavioral approach. Guidance Classic is one service that can be given to students in class—gift guidance with method Classic given in a manner systematic and structured. Guidance classic is a giving process help for students presented systematically to help students develop potential optimally (Arviani, 2018). service format classical is an activity format serving several students in one class (Rismawati, 2015).

Yusuf & Nurihsan (2008) said that guidance classic called a service base, i.e., service help for students (students) through activities in a manner classic presented systematically to help students develop potency optimally. However, the classics teachers carry out in implementation guidance are lesson hours, minimal guidance, and counseling. There is a school that does not give lessons, guidance, and counseling for entering class.

Still, lots of service guidance is a classic use and a less effective method, so it does not develop optimally. One causative factor not enough for its effective gift service is the method used, like a lecture. (Loughlin & Lindberg-Sand, 2023), in research, put forward that the lecture method is not compelling enough. If used in class with amount students big, because the part they not enough show teacher talk, talk alone with friends. BK teacher is prosecuted for being more creative and innovative in delivering classic service guidance.

So, this is essential to research the application of the behavioral approach model to increase behavior discipline for students at school essential. This research provides contribution field thinking guidance and counseling, particularly in the service model component guidance and counseling. Furthermore, because this research and development are preliminary, it will be expected that service model development guidance and counseling will Keep developing not only in the school base in Bandar Lampung but in other areas to use service model development guidance and counseling.

## Methodology

The Study type is Pre-Experimental designs with the one-group pre-test and post-test design models, namely experiments conducted on one group without group comparison. In the experimental group, this research will give an initial test (pre-test) with see book notes violation student before treatment given, then given treatment during a period certain just with use counseling group behavior then after that given test final (post-test).

In this research, search documentation two times, namely before and after treatment before treatment ( $O_1$ ), saw card notes violation students furthermore given a range time for two weeks after treatment ( $O_2$ ). As for the procedure or steps from design, *the - group pre-test and post-test design* that will be carried out in this study are as follows following:

- 1) Take One group to be used as research subjects, namely class V students of the Islamic State of elementary school 1 Bandar Lampung who have a high offense according to the data provided by the BK teacher.
- 2) Give test initial (pre-test) to students with see book notes violation before implementation counseling Behavior.
- 3) Give treatment of subject V in the form group with approach behavior in term time specific for students with high offense scores against the school rules.
- 4) After being given treatment with the use of counseling group Behavior then seen return results from book notes violation students who have There is as activity test final (post-test).

## RESULTS AND DISCUSSION

The subjects in this study were fifth-grade Islamic elementary school students with a low level of discipline—research subjects obtained through students' card-violation discipline score based on Table 1 assessment violation student. Preliminary data collection obtained from the BK teacher shows that ten students have low discipline scores. Score in offense is divided into five categories acceptable, well enough, less well, no well, and not ok. Eight fewer students are disciplined in following school rules with categories well enough, less good, and not well that will make a research subject.

Distribution evaluation discipline obtained from results analysis card violation discipline student form score. In this study, there is no Discipline in following the school rules seen in many student violations. The higher the score violation so, the lower the discipline of students. On the other hand, the lower the score violation student, the higher level of discipline the student has.

Amount score obtained from book notes discipline student the is amount score from each grain violation students listed in the school regulations. Score on the card violation the used as *pre-test* data results. The results of the *pre-test* data are taken through recapitulation card violation students in Table 1 below:

Table 1. Pre-test results

No	Students	Offense Score	Mark	Information
1	Student 1	30	C	Not good
2	Student 2	22	B	Good Enough
3	Student 3	45	C	Not good
4	Student 4	38	C	Not good
5	Student 5	37	C	Not good
6	Student 6	41	D	Not good
7	Student 7	36	C	Not good
8	Student 8	32	B	Good Enough
9	Student 9	26	B	Good Enough
10	Student 10	50	D	Not good

After obtained the pre-test results showed that level discipline students had low adherence to the rules known school through documentation data recapitulation from card violation discipline fifth-grade school students calculated basis for one month before treatment, then score data obtained violations of 10 students to be made as research subjects, ten students the identified lack of discipline in complying with the rules school with notes get score high on the card violation discipline student with evaluation well Enough, less well, and no ok.

The results of *the pre-test* data tables and histograms show the condition beginning with the student before getting treatment, i.e., counseling behavior group after being given treatment with the use of counseling behavior group with technique conditioning operand, subsequent measurement through recapitulation score card violation discipline student. This stage is done to know if there is a significant difference in behavior discipline students to be research subjects in complying with the rules of school after treatment with use counseling behavior group and following a presentation of post-test results data from 10 research subjects who received treatment.

Table 2. Post Test Results

No	Students	Offense Score	Mark	Information
1	Student 1	24	C	Not good
2	Student 2	20	B	Good Enough
3	Student 3	40	C	Not good
4	Student 4	31	C	Not good
5	Student 5	32	C	Not good
6	Student 6	35	D	Not good
7	Student 7	36	C	Not good
8	Student 8	32	B	Good Enough

9	Student 9	26	B	Good Enough
10	Student 10	48	D	Not good

After recapitulating documentation data from notes violation students of MIN 4 Bandar Lampung. The data obtained are eight students as identified research subjects with low discipline levels from date (fetch a month before practice). As for results score violation students in obeying the rules of school before and after treatment counseling group can be seen in the analysis Table 3 follows:

**Table 3. Tabulation of Analysis Results *Pre-Test* and *Post-Test* by Using the Sign Test**

No	Students	Analysis Results		Sign of Difference (YX)
		Pre Test	Post Test	
1	Student 1	30	24	-
2	Student 2	22	20	-
3	Student 3	45	40	-
4	Student 4	38	31	-
5	Student 5	37	32	-
6	Student 6	41	35	-
7	Student 7	36	36	r
8	Student 8	32	30	-
9	Student 9	26	26	r
10	Student 10	50	48	-

N = 8 (sum sign negative)  
r = 2 (the amount emergence more sign little)

Table 3 shows exist decline number of violations of pre-test and post-test data from 10 students in obeying the rules school, and ha this shows that discipline eighth students in obeying the rules school the more increase. The data obtained through technique documentation and observation shows that behavior students in breaking school rules show low discipline students in obeying the school rules. The more low-level discipline students in obeying the school's rules, the higher their score for a violation in art violation student to the data obtained from the school. Otherwise, if discipline students to obey the rules, schools will increase scorecard violation student the more decreased. After the score is known, compare acquisition score data before treatment (pre-test) and after treatment (post-test). The amount of data obtained (-) is 8, and r is many emergence more sign bit is 2. Based on the binomial table in the appendix with N = 8 and r = 0, the obtained (possibly price below Ho) is 0.004. If the level (level error) is 5% or 0.05, the price is 0.004 smaller than 0.05. Thereby counseling group effective behavior is used to help increase discipline students obey the school rules base accepted.

Treating group behavior with technique conditioning operand can increase discipline students in obeying the rules proven school with declined score student violations. This is because counseling group behavior with technique conditioning operand easy done as long as it is supported by exists desire strong from the students For change so that problems about violation of the rules by students can be minus. Based on the explanation, treatment using counseling group behavior with technique conditioning operand can be used to increase not quite enough answers students in obeying the school rules.

The guidance and counseling model is an effort to help students develop self, acceptable personal, social, learning, and career (Alfaris et al., 2021; Lattu, 2018; Tumanggor, 2020). In the guidance model, counseling that is not integral is service guidance, possible counseling done in a manner individual or group as well as classical (Susanto, 2018). In education, service guidance and counseling help students know their needs, talents, interests, and values and help students find compelling talents and abilities.

Counseling with a behavioristic approach is a process where the counselor helps the counselee or client to study solve interpersonal, emotional, and decision problems with specific aims to exist change behavior in counseling (Cevik, 2017; Lubis et al., 2022; Prasetya et al., 2022; Putri & Sulthoni, 2022)—solving problems and difficulties with involvement full from a counselor. Approach behavioristic in counseling is influenced by; the strengths and behavior counselee, the type of problem, the kind of reinforcement that is done, and other people who have a specific meaning for life counsel in changing his behavior. Behavioristic counseling contributes considerably to counseling and psychotherapy (Scott et al. 2017).

## CONCLUSION

Based on the results analysis discussion that has been done, it got concluded that application counseling group behavior can increase discipline students in obedience order school in fifth-grade Islamic elementary school students. This is appropriate with results analysis showing a difference in score pre-test with post-test on each student after being given treatment counseling group behavior, i.e., with existing decline score rule violation school throughout research subject which means level discipline student the more increase.

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