



Efforts to improve the disciplinary behavior of grade 7 students at SMPN 161 South Jakarta

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Abstract: This research was motivated by several negative children's behavior, such as the habit of coming late to school, not wearing complete attributes, carrying a cellphone when studying. So disciplinary behavior is low. The research aims to improve student discipline at SMP Negeri 161 South Jakarta through group guidance services. This counseling guidance action research was carried out in groups. The population was class VII students at SMP Negeri 161 South Jakarta, with a total of 324 people. Based on observations, questionnaires and interviews, there were 12 students. Sampling used random sampling.

Service actions are carried out in two cycles, each cycle has two meetings. After carrying out cycle 1, an evaluation was carried out, in cycle 1 the results were not good regarding the conditions, 3 students were quite good and 9 students were not good, with various factors causing the implementation of the guidance not to be effective, because the guidance participants did not fully understand it. Still stiff, scared, not yet relaxed, still noisy. In providing cycle 2, based on the services provided in cycle 1, there are several weaknesses and disadvantages, namely that the implementation location is not conducive, the method is not appropriate, the children do not understand the purpose of implementing group guidance services. So it was corrected during the implementation of cycle 2, the result was that students who had very high discipline were 11 children or 91.6% and those who had high discipline were one child, 8.4%.

The results of the group guidance service actions carried out by this researcher have met the requirements for the success category. Because of efforts to improve student discipline through group guidance services at SMP Negeri 161 South Jakarta with a category of reaching 100% who have very high disciplinary behavior. The results of this research (PTBK) can be concluded that the disciplinary behavior of SMP Negeri 161 South Jakarta for the odd semester of the 2018-2019 academic year can be improved through group counseling.

Keywords: Disciplinary Behavior and Group Guidance

INTRODUCTION

Learning discipline is very important, because a disciplined attitude aims to direct oneself towards positive behavior that can support success in the learning process. In learning, discipline is needed so that students have responsibility in organizing and disciplining themselves, in addition to developing the ability to learn of their own accord. This discipline emphasizes responsible learning activities so as to achieve good learning results.



The demands for discipline are very large and if not responded to appropriately can have an unfavorable impact on students' psychological development in the future. Shiva is required to be disciplined in order to complete the next developmental task. To be disciplined, students need opportunities, support and encouragement to be able to achieve discipline on their own.

Nowadays, students are starting to no longer care about school discipline, so schools implement stricter regulations so that students feel more disciplined. For example, currently schools use sanctions for students who violate school regulations, namely imposing a point system for students who violate school rules.

This means that there are still many students who violate school rules and regulations. The school provides new regulations by providing sanctions so that students feel deterred by their actions. Types of violations that are usually committed by students include; being late, not wearing complete attributes, playing truant, cheating, not bringing homework, and other forms of violations. Website :

Based on research at SMP Negeri 161 Jakarta, there were 20 students who had low discipline. Of the 20 students, we took 12 students to be given guidance because they were often late and did not comply with school rules. This information was obtained from the daily picket book and etiquette book which are forms of points at school. The twelve students were in different classes. of them came from class 7-A with 2 children, class 7-B with 3 children, class 7-C with 3 children, class 7-D with 1 child, class 7-E with 1 child, class 7-F with 2 children. . There are 12 in total and these children are included in categories and have habits and behavior that are different from all the other students.

In efforts to improve student discipline at school, support is needed from all parties involved, especially the students themselves. Apart from that, the role of supervising teachers is also very important in providing social guidance service plans for students who need them. In this case, the technique used by researchers is providing group guidance services.

Based on the results of interviews with Class VII students at SMP Negeri 161, almost 30% of students tend to have low disciplinary behavior. They need to be helped through guidance and counseling action research which will be carried out by researchers, targeting 70% of the number of students in Class VII at SMP Negeri 161 to have high discipline.

Students who have low disciplinary behavior tend to be lazy about doing schoolwork, nervous, and have low self-confidence in their abilities. In the end, students who have low discipline behavior will experience failure in achieving success. Based on existing problems, researchers are interested in studying this problem, namely, "Efforts to Improve the Disciplinary Behavior of Class VII Students Through Group Tutoring Services at SMP Negeri 161 Jakarta".

LITERATURE REVIEW AND HYPOTHESIS DEVELOPMENT

Discipline is obedience to respect and implement a system that requires people to submit to decisions, orders or regulations that apply to themselves. (Lemhanas 1997: 12). Tu'u (2004: 33) states that discipline is an effort to follow and obey applicable rules, values and laws, and this following and obedience arises mainly because of self-awareness that this is useful for one's own good and success. From the definitions above, it can be understood that discipline is an attitude of following and obeying all regulations in an orderly and orderly manner and carried out with full awareness and responsibility. Based on the description above, it can be understood that the aspect of discipline is having a good understanding of the behavioral system, having a mental attitude, showing sincerity, being responsible, being able to control oneself and being consistent. In this research, the aspects taken are students' understanding of the rules, having a mental attitude and seriousness towards the rules that must be followed.

Group guidance activities will look lively if there are group dynamics in them. Group dynamics is an effective medium for group members to develop positive aspects when carrying out interpersonal communication with other people. "Group guidance is an activity



carried out by a group of people by utilizing group dynamics. This means that all participants in group activities interact with each other, freely expressing opinions, responding, giving suggestions, and so on; Everything discussed is useful for the participants themselves and for other participants. Group guidance is a group activity carried out by providing information and data in an effort to develop good behavior in individuals.

Group guidance can take the form of conveying information or group activities that discuss educational, work, personal and social issues. Group guidance can also be intended to increase understanding of reality, rules in life, and ways that can be done to complete tasks, and achieve a future in study, career, or life. Group activities themselves can be directed at improving and developing self-understanding and understanding of the environment, self-adjustment and self-development.

Website. :

Based on the description of disciplinary behavior and group guidance above, an action hypothesis can be formulated, namely through a "good" effective Group Guidance Service to improve disciplinary behavior at SMP N 161 Jakarta for the 2018/2019 Academic Year.

METHODS

Type of research

According to Ebbut in Kasbolah, action research is a systematic study carried out in an effort to improve practices in education by carrying out practical actions and reflecting on these actions. This activity can improve and increase the quality of the learning process. Action research through group guidance activities is expected to improve the quality of the learning process to have discipline for students, so that for its implementation it is necessary to carry out action and reflection from the researcher. Apart from that, this action research design aims to develop new skills or new approaches and to solve problems with direct application in the world of work or other actual worlds. New skills in service.

Data analysis proposed by researchers used descriptive percentage data analysis. The data analysis method is a method used to break down data according to the elements contained in it so that it is easy to read and present. The collected data needs to be processed to find out the truth so that convincing results are obtained. Descriptive statistics are statistics that are used to analyze data by describing or illustrating the data that has been collected as it is without the intention of making generally accepted conclusions or generalizations.

Place and time of research

The research location was carried out in class VII at SMP Negeri 161 Jakarta. The reason for choosing this school as a research location is because the researcher's assignment is and research has never been conducted on improving student disciplinary behavior. The research was carried out in the odd semester of the 2018/2019 academic year starting from October 2018 to February 2019.

RESULT AND DISCUSSION

In initial conditions, children's disciplinary behavior is still low due to various reasons. The low levels of student disciplinary behavior can be seen from their attitudes in participating in the learning and teaching process both in the classroom and outside the classroom. The low levels of disciplinary behavior shown by students include arriving late or not on time to school, students not wearing full school attributes, carrying cell phones during teaching and learning activities, male students have long hair and this condition can be proven by observation results. carried out by researchers and the results of interviews are as follows:

The number of students at SMPN 161 Kebayoran Lama is 972 students consisting of 324 students in class VII, 324 students in class VIII, and 324 students in class IX, each divided into 9 parallel classes. Based on researchers' observations, in the odd semester there were 12 children who violated school discipline.



The 12 students of SMPN 161 Kebayoran Lama have very low disciplinary behavior, including 2 students from class 7-A, 3 students from class 7-B, 3 students from class 7-C, 1 student from class 7-D, 7-E class totaling 1 child, class 7-F totaling 2 children. There are a total of 12 children in total, and these children are included in categories and have habits and behavior that are different from the rest of the students.

Based on the researcher's observations, during the odd semester, there were 12 students who violated the rules and for more clarity, you can see the results of observing low student discipline. The counseling guidance action research carried out by researchers was successful because it was able to increase the discipline of students in the high category and the number of students who had discipline in the high and very high categories was 100 percent so that this counseling guidance action research was declared successful. Website. :

In cycle 1, there were 2 students who had very high discipline or 16.6 percent, 4 students had high discipline or 33.3 percent, and 6 students had moderate discipline or 50 percent. In cycle 1, the target had not been achieved, due to several reasons or several factors, including a space or place that was not conducive, uncomfortable because it used the school prayer room so that it disturbed the children who were going to carry out activities. Then the condition of the children as participants in group guidance is because it is the first time it is being implemented, the children don't understand yet, the children haven't adapted yet, the children are still unsure, afraid to express opinions and are often noisy asking questions here and there. The discussion material cannot yet focus on the targeted problem. The condition of the counseling guidance teacher at the time of implementation was inadequate because they were only taught by one teacher so they had to explain repeatedly, the participants were not able to respond well to the material being explained so the teacher had to provoke the children one by one to dare to express the problems they were facing.

To overcome the weaknesses and deficiencies in the implementation of group guidance (BKp) cycle 1, the first guidance room which was previously in the prayer room was moved to the BK room and was well prepared so that the implementation of group guidance was not disturbed and was comfortable and conducive. Next, the materials for facilities and infrastructure are carefully planned for the day of the lesson, time and guidance teachers have been prepared with the discussion program that will be implemented including the rules for implementing the guidance. To avoid the condition of children who are still afraid, shy, hesitant, tense, noisy and boisterous, they are prepared with two guidance teachers who can help each other and collaborate.

In cycle 2, there were 11 students who had very high discipline or 91.6 percent, and 1 student had high discipline or 8.4 percent. With group guidance services, students can make the most of group dynamics in solving their problems. Through group tutoring services, students can utilize all the information, responses and reactions of other students to solve problems.

Discipline among students is not yet optimal because students lack discipline towards themselves, their own choices and their own responsibility for learning. So the lack of discipline to carry out learning activities is caused by several internal and external factors of students. A teenager's discipline is strengthened through the socialization process that occurs between teenagers and their peers.

To prevent the development of problems in counselees or students, students are required to have discipline. The discipline referred to in this case is characterized by courage in taking the initiative, trying to overcome problems without asking for help from others, being responsible for one's duties as a student, and prioritizing the interests of the school over other interests. Group tutoring services are considered quite efficient to use in efforts to improve discipline because they are able to reach several people at once in a short and appropriate time. Apart from that, group tutoring is also in accordance with learning theory because it contains a social aspect, namely learning together. Through relationships with peers, teenagers learn to think independently, make their own decisions, accept or even reject the views and values that come from the family, and learn patterns of behavior that are accepted within their group.



This can be developed through socialization through group guidance. Through group guidance, students are trained to face a task together or solve a problem together. Seeing the above phenomenon, group guidance has a very good effect on training students' independence. In the guidance service, groups of students discuss and exchange information regarding the topics that have been given and then students gain knowledge which can then be applied in their learning activities.

CONCLUSIONS

Based on BKp services in cycle 2, there were 11 students who had very high discipline or 91.6 percent, and 1 student had high discipline or 8.4 percent. The counseling guidance action research carried out by researchers was successful because it was able to increase the discipline of students in the high category and the number of students who had discipline in the high and very high categories was 100 percent so that this counseling guidance action research was declared successful. Through Group Guidance, the Disciplinary Behavior of Class VII Students at SMP Negeri 161 Jakarta Odd Semester for the 2018-2019 Academic Year can be improved.

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