



Improving emotional control through group counseling in vocational school

Nurasyah, Enny Fitriani

Faculty of Education, Universitas Muslim Nusantara, AW, Medan, Indonesia

Abstract

Improving the student's emotional control through counseling group is very important to do. To determine the increase of the student's emotional control of SMK Yayasan Pendidikan Pangeran Antasari through group counseling group, so a quasi-experimental research that involved two types of variables was conducted. The independent variable was the counseling Group, while the dependent variable was the student's emotional control. The instrument used in this research was a questionnaire of students' emotional control. The results showed that there is an increase in emotional control through counseling group. The results of this study was proved with the hypothesis testing showed $t_{count} > t_{table}$, namely $5.19 > 1.83$ at the 5% significance level, and the results of the questionnaire before being given treatment obtained an average score 97.60 of student's emotional control and after being given group counseling for five sessions to discuss topics of emotional control was obtained to the average acquisition score =138.90.

Keywords: emotional control, guidance counseling, improvement

Introduction

Emotional Control is the ability of adjustment power, work tenacity, work attitude, and accuracy as well as speed in doing a job students are said to have been able to control emotions when each member can develop himself and solve the problems, especially in terms of emotional control. The low emotional control of students appears is due to the lack of parents in paying attention to the behavior undertaken at home, in the neighborhood of residence and in school. It can be seen from students who often do actions that do not reflect on the level of inequality. The level of morbidity is characterized by students often angry, snarling, rebelling, fighting when told by the teacher, unplug learning hours, absent, stealing, join wild racing, gambling, drugs, lack of discipline, cursing, dirty, sexual harassment, libelous, deficient confident, less responsible in performing school or home tasks.

People who lack self-control is like people who live but have no purpose. Furthermore, it is said that the key in achieving this goal is persistence of practicing and carrying out the given skills (Lindner, 2013: 6) ^[4]. Thus, Ibrahim (2008: 160) ^[3] states that people who do not have a clear goal like walking in the dark. His life was bland, lost his temper, his personality became weak. It will be easily influenced by negative things.

Actually the emotion that comes from the mind caused tensions. At home, the father or mother at home often angry, yelling, rude, cursing then affect the student's bad behaviors in school. Students prefer to mingle with peers and ultimately escape the negative acts committed in school and surrounding environment. To prevent them from the negative actions, then that should be done by Teacher Guidance and Counseling is to conduct services Group Counseling.

Group counseling is carried out in groups which means that at the same time and place are given counseling services to a

number of people (students) with the same topic or material. The group is formed with a number of students of each group between 8 - 10 people with the aim that the students in the group interact or discuss the problems or obstacles encountered and seek solutions that cause the problem arise.

Counseling is a useful and efficacious intervention, which improves the psychological functioning (Truneckova and Viney, 2008) ^[8]. Through group counseling, students are expected to be able to control their emotions and find solutions with members of the group to overcome the problem of emotional control students so that students will do things positive. Based on the description above, the authors will conduct research focused on improving the emotional control of vocational students in Educational Institution of Pangeran Antasari through group counseling.

Formulation of Problem

Sugiyono argued : "problem formulation is a question that will be searched the answer through data collection" (2008). The formulation of the problem is to clarify the title with the questions. Then the formulation of the problem in this study: "Is the improvement of emotional control of students of Vocational Educational Institution of Pangeran Antasari can be done through group counseling services?"

Theoretical Reviews

Group Counseling

According to Falco (2011) ^[9] group counseling is an effective way to provide direct services to a wide range of students with diverse needs. Counseling groups focus on personal growth, the development of selfawareness and insight, and change in behavior (Shechtman, 2014) ^[7]. In group counseling, it means to encourage the optimal development of each student, which is expected to benefit from this educational experience for

himself.

Group counseling allows students to develop and maintain connections to others while exploring factors that influence achievement (Griffith and Ballard, 2014) [10]. The group counseling service is a self-development medium to be able to practice speaking, responding, members, accepting other people's opinions, building normative attitudes and behaviors as well as other positive aspects which in turn individuals can develop self-potential and can improve interpersonal communication behaviors owned.

Implementation phase of group guidance

1. Formation Stage

The stage of formation is the stage of recognition, the stage of self-engagement or the stage of inserting into the life of the group. At this stage all members introduce each other and also expose the goals or expectations that each of them, part or all of the members wish to achieve.

2. Recovery Stage

The transitional stage is the stage to divert the group's initial activities to the next activity that is more focused on achieving group goals.

3. Activity Stage

The activity stage is the third stage which is the core of the group's activities.

4. Termination stage

This stage is the closing stage in group guidance activities.

Emotional Control

Emotional Control is the condition of someone who is in a pleasant state to be resilient and alert in facing various forms of challenge, Hernowo (2003: 205) [2]. Next, Ary Ginanjar Agustian (2007: 226) says emotion control is to keep the emotional position always in the position of zero, or stable position. Emotional control needs to understand languages that may be higher in value than words. Furthermore, Emotional Control is the ability of power adjustment, work ductility, work attitude, and accuracy as well as speed in doing

a job, Kunto Anggara (2015: 134) [5].

Research Objectives

Based on the problems that have been explained, this research has a purpose:

1. To know the description of emotional control before getting group guidance services on students of SMK Pangeran Antasari Academic year 2015/2016.
2. To know the description of emotional control before getting group guidance services on students of SMK Pangeran Antasari Academic Year 2015/2016.
3. To find out whether emotional control can be improved through group guidance at SMK Pangeran Antasari Academic year 2015/2016.

Research Benefits

This research has benefits, such as:

Theoretical Benefits

1. Enrich the theories of guidance counseling about the emotional control of youth students.
2. As a consideration and reference material for subsequent research.

Practical Benefits

This research can be used as a reference and consideration how to overcome emotional control so that students can control their emotions when faced with problems.

Research Methods

This study applied the Pre-Experimental Design The design used in this research is pre-test and post-test group design which is patterned as follows:

$$O_1 \quad x \quad O_2$$

Notes:

- O1** : *Pre-test* is given prior to group counseling
- X** : Treatment (group counseling)
- O2** : *Post-test* is given after group counseling.

For more details, the researchers give the research design chart that is pre experimental, pre test and post test group.

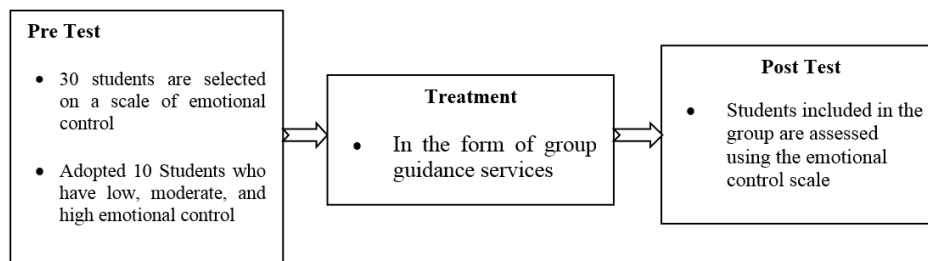


Fig 1: pre experimental pre test and post test group

Population and Sample Research

The population in this study included all students of class XI At SMK Pangeran Antasari Medan consisting of 30 students of class XI. Subjects in this study were 10 students of class XI which was determined by random sample.

Research Instruments

Data were collected with the following instrument:

Observation

Research used an observation way by directly follow the actual situation and circumstances.

Questionnaire

A closed questionnaire as the means of data collection as follows:

- a. Questionnaire does not require the presence of researchers.

- b. Questionnaires can be shared simultaneously to many respondents by responding to respondents' leisure time as well as being standardized with the same questions.

Data Collection Techniques

Data collection done through questionnaire given to the students. The scale or questionnaire is a number of written statements used to obtain information from respondents in the sense of a report about his personality, or things that are known. To assess the student's answers used Likert scale as follows:

Table 2. Giving a Score Question Based on Likert Scale

| NO. | Positive Questions | | Negative Questions | |
|-----|--------------------|-------------|--------------------|-------------|
| | Score | Information | Score | Information |
| 1. | 4 | Very often | 1 | Very Often |
| 2. | 3 | Often | 2 | Often |
| 3. | 2 | Rarely | 3 | Rarely |
| 4. | 2 | Never | 4 | Never |

Note :

- Scale 4 : Very Often (SS)
- Scale 3 : Often (S)
- Scale 2 : Rarely (J)
- Scale 1 : Never (TP)

Descriptive Interval Analysis

Research used interval analysis to know the description of emotional control level of vocational students before and after given treatment in the form of group guidance. So it can be known how big group guidance can improve the emotional control of vocational students.

To describe the level of emotional control that has a range of skots 1-5, then the interval of emotional control as follows:

Maximum score: 5 X 40: 200

Minimum score: 1 X 40: 40

Range: 200 - 40: 160

Interval / Class length: 160: 5: 32

Table 3: Level of Emotional Control

| Score | Criteria |
|---------------|-----------|
| 168 < x ≤ 200 | Very High |
| 136 < x ≤ 168 | High |
| 104 < x ≤ 136 | Medium |
| 72 < x ≤ 104 | Low |
| 40 < x ≤ 72 | Very Low |

Results and Discussion

Data Descriptions of Research Results

Pre-test data on emotion control of students

Based on the data obtained from the results of the study with the number of respondents 10 people, there is the lowest score = 72 and the highest score = 118, with average (M) = 97.60 and Standard Deviation (SD) = 16.99.

Post-test data on student emotional control

Based on the data obtained from the results of the study with the number of respondents 10 people, there is the lowest score 136 and the highest score 143, with average (M) = 138.90 and

Standard Deviation (SD) = 2.51.

Test Validity

Based on the calculation of correlation coefficient, for item number 1 it is obtained $r_{xy} = 0,471$ at significant level $\alpha = 5\%$ and $N = 30$ obtained r_{tabel} value = 0.361 then from the results can be seen that $r_{xy} > r_{tabel}$ is $0.471 > 0.361$ so it can be concluded that the item questionnaire number 1 is valid. Furthermore, in the same way from 45 questionnaires tested there are 40 valid questionnaires (can be used in data collection) while 5 items of questionnaire ie items 2, 7, 9, 24 and 38 are declared invalid (deciduous). Example The calculation of item number 1 is as follows:

$$r_{xy} = \frac{n \sum XY - \sum X \sum Y}{\sqrt{(n \sum X^2 - (\sum X)^2)(n \sum Y^2 - (\sum Y)^2)}}$$

$$r_{xy} = \frac{(30 \times 10439) - (80 \times 3842)}{\sqrt{\{(30 \times 236) - (80)^2\}\{(30 \times 499498) - (3842)^2\}}}$$

$$r_{xy} = \frac{5810}{\sqrt{152303680}}$$

$$r_{xy} = \frac{5810}{12341}$$

$$r_{xy} = 0,471$$

Test Reliability

Based on the calculation of reliability questionnaire by using Spearman Brown formula halves even-odd-even, it is known value $r_{11} = 0.8940$ and after consultation with correlation index included in the high category. Then it can be concluded that the discipline questionnaire students meet the criteria of reliability that can be used as a means of data collection.

$$r_{11} = \left(\frac{K}{(K-1)} \right) \left(1 - \frac{\sum \sigma_i^2}{\sigma^2 t} \right)$$

Information

- R_{11} = Instrument reliability
- k = Number of questions
- $\sum \sigma_i^2$ = Number of item variance
- $\sigma^2 t$ = Total variance

The reliability values sought by the alpha formula are as follows:

$$r_{11} = \left[\frac{k}{k-1} \right] \left[1 - \frac{\sum \sigma b^2}{\sigma^2 t} \right]$$

$$r_{11} = \left[\frac{45}{45-1} \right] \left[1 - \frac{30}{278,7} \right]$$

$$r_{11} = \left[\frac{45}{44} \right] [1 - 0,107]$$

$$r_{11} = 1,022 .0,893$$

$$r_{11} = 0,912$$

From the above calculation we can find r_{11} of 0.912 with $N = 30$ and consultation = 5% obtained $r_{tabel} = 0.361$, because $r_{11} (0.912) > r_{tabel} (0.361)$ then the calculation is reliable.

From the calculation of analysis, obtained t_{count} of 5.19 while at the level of significance 5% and $df = N - 1 = 10 - 1 = 9$ obtained t_{table} of 1.83. Because $t_{count} > t_{table}$ is $5.19 > 1.83$ then the hypothesis proposed is "There is an Improvement of Student Emotional Control after Formed group counselling, it can be accepted and tested truth at 5% significance level.

Conclusion

Based on the results of the research described in chapter IV, it can be concluded that there is an Improvement of Student Emotional Control of Vocational Students at Pangeran Antasari Through Group Counseling Academic Year 2016/2017. This can be seen before the guidance of the emotional control group of students of SMK Pendidikan Pangeran Antasari are in the medium category and after the guidance of their emotional control group changed into high category.

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