



THE EFFECT OF GROUP COUNSELING SERVICES BY USING TO OVERCOME THE INDEPENDENCE OF STUDENTS IN SD NEGERI 050761 SEI BILAH

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Abstract

This study aims to determine the effect of group counseling services to overcome independence in students of SD Negeri 050761 Sei Bilah. The research method used is an experimental method, namely the between-groups design model pretest-posttest control group design. The experimental group received 5 sessions of treatment, which was held once a day. The control group did not get any treatment. The population in this study were students of SD Negeri 050761. The technique used by researchers is non-probability sampling with purposive sampling. Students who became the sample in this study were 20 students with low independence scores consisting of 10 people in the experimental group and 10 in the control group. The instrument used in determining the sample of this study was the independence instrument with four options on the Likert scale. In terms of statistical data analysis techniques using descriptive statistics using the empirical mean to be able to see the average pretest and posttest scores in the group given the treatment, namely the experimental group and the group not given the treatment, namely the control group. Researchers' hypothesis testing used the Wilcoxon signed rank test, comparing the gain scores of the posttest and pretest in the experimental group and the control group.

Keywords: *Group Counseling, Independence*

A. Introduction

Schools are formal educational institutions mandated to instill good character values in students through the learning process. As an educational institution, schools should instill the values of honesty, justice, tolerance, wisdom, self-discipline, help, care, cooperation, courage, democracy, responsibility, and self-control (Thomas Lickona, 2013),

Erickson (Papalia & Feldman, 2014) stated that the main task of adolescents is to find their own identity, so that there is no identity crisis and role confusion. The self-identity of adolescents is in the form of an attempt to explain who they are, and what role they play in society so that they are able to become independent individuals

This study aims to determine the effect of group counseling services by overcoming independence in students of SD Negeri 050761 Sei Bilah.

B. Method

The experimental design used in this study is the Non Equivalent Control Group Design. In this study, there were two groups, namely the control group and the experimental group that had been determined. After that, an instrument was given to determine the initial state, whether there was a difference between the experimental group and the control group. (Drummond, 2010)

C. Finding and Discussion

The results of the research that the researchers obtained from the descriptive results of the student independence data were in the medium category in the experimental group, while the descriptive results of the

data in the control group on the students were in the low category.

1. First Hypothesis Testing

Testing using the Wilcoxon signed rank test using Statistical Product and Service Solution (SPSS) for Windows version 16.0 is known to be $p = 0.003 < 0.05$ (significant), so it can be interpreted that there is a significant difference in the posttest results of the experimental group and the control group.

2. Second Hypothesis Testing Per Aspect

a. The aspect of emotional independence

Testing using the Wilcoxon signed rank test measurement using spss 16.0 for windows, the experimental group and the control group on the aspect of independence, namely sig of $0.005 < 0.05$ (significant), so it can be interpreted that there is a significant difference between the gain score of the experimental group and the control group. on the aspect of emotional independence, so that there is a difference in the average increase in student independence in the emotional independence aspect of the experimental group who was given the treatment with the control group. So it can be said that there is an effect of group counseling in overcoming independence on the aspects of emotional independence.

b. Aspect independence of behavior

Testing using the Wilcoxon signed rank test measurement using spss 16.0 for windows, the experimental group and the control group on the aspect of behavioral independence. The calculation result of the Wilcoxon signed rank test is that sig is $0.006 \leq 0.05$ (significant), so it can be interpreted that there is a difference between the gain score of the experimental group and the control group in the behavioral aspect. So it

can be said that there is no effect of group counseling in overcoming independence on the aspects of behavioral independence.

c. Aspectindependence of values

Testing using the Wilcoxon signed rank test measurement using spss 16.0 for windows, the experimental group and the control group on the aspect of value independence. The results of the calculation of the Wilcoxon signed rank test, namely, sig of $0.005 \leq 0.05$ (significant), so it can be interpreted that there is a difference between the gain score of the experimental group and the control group on the aspect of value. So it can be said that there is an effect of group counseling in overcoming independence in the aspects of value independence.

I. Independence of values

Based on the results of the data analysis, it can be said that in the experimental group the value independence aspect which is in the medium category means that students have shown changes on the Abstract belief indicator is the ability of students to begin to develop more abstract values. It can be seen from students being able to weigh the various possible values that exist in making decisions, for example, individuals consider the various possibilities that will occur when making decisions that have moral or values they hold.

II. Independence of Behavior

Based on the results of data analysis in the experimental group on the aspect of behavioral independence which is in the medium category, it means that students have shown changes in the Change in decision-making ability indicator. Students' ability to make decisions. It can be seen that students can consider the consequences of decisions taken and can

choose alternative solutions to problems based on their own and other people's considerations

III. Emotional Independence

Based on the results of data analysis in the experimental group on the aspect of emotional independence which is in the medium category means that students have shown changes on the Parents as people indicator is the ability of students to see their parents as adults in general. This ability can be seen that students can interact with their parents equally, and can discuss freely and freely with their parents.

Effect of group counseling services to overcome Student Independence

The results of the calculation of the Wilcoxon signed ranks test using SPSS for windows version 16.0 show $p = 0.005 < 0.05$ (significant), so it can be interpreted that there is a significant difference between the gain score of the experimental group and the control group so that $\mu_1 \neq \mu_2$ which means that there is a difference in the average. -The average increase in independence for students of SD Negeri 050761 who received group counseling depends who do not receive group counseling, so that researchers can ACCEPT H_a and MENOLAK H_0 so that group counseling is missed in overcoming independence in students of SD Negeri 050761 Sei Bilah.

D. Conclusion

Based on the research results, it is known that group counseling increases the independence of SD Negeri 050761 students. There is a significant difference between the gain score in the experimental group and the control group with the quality of the increase in the score in the

experimental group is better than the increase in the score in the control group.

In testing the hypothesis, the results of the calculation of the Wilcoxon signed rank test using spss 16.0 for windows shows $p = 0.005 < 0.05$ (significant), so it can be interpreted that there is a significant difference between the experimental group and the control group, so that $\mu_1 \neq \mu_2$ means that the average The average increase in the independence of students by using group counseling services with students who do not get the Hets group counseling service so that the researcher decided to ACCEPT H_a and REJECT H_0

Suggestion

Showing research results that have a positive impact in overcoming student independence, the researcher feels the need to convey some suggestions regarding the further use of group counseling service training in overcoming student independence. Several things are of concern to researchers: Guidance and counseling teachers can provide group counseling services if there are signs of students in terms of independence and using this service as an alternative in overcoming student independence.

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