

The Effect of Behavioral Counseling Implementation with Modeling Techniques in Order to Reduce Students' Aggressive Behavior

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Abstract: Experimental research on the effect of implementing behavioral counseling with modeling techniques in order to reduce student aggressive behavior has been widely carried out, but there has been no further study on the results of these studies to be summarized and reassessed so that they can strengthen the results of the research that has been done. This study aims to analyze and describe the effectiveness of the implementation of behavioral counseling with modeling techniques to reduce students' aggressive behavior. This research is library research with the research method used is meta-analysis. The subjects of this research are eleven articles from journals that have been published nationally. Data collection is done by document recording technique. The results of the article analysis by looking for the effect size based on the t-test value so that the effect size result is 2.148, which means it is included in the large category. Factors that influence student aggressive behavior consist of internal factors, namely behavioral patterns, biological factors and frustration, while external factors include poverty, environmental culture, situational, mass media. The results of this analysis strengthen the results of previous studies which state that the implementation of behavioral counseling with modeling techniques has an influence in reducing student aggressive behavior. Therefore this technique is very suitable to be used in order to reduce the aggressive behavior of students.

Keywords: behavioral counseling; modeling; aggressive



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Introduction

Children are a gift from God Almighty and must be cared for as much as possible so that they become better descendants. Because children are the future of the family, all families who have children are obliged to protect, educate and nurture. Education is very important for the growth and development of children so that they become the golden generation that can direct their lives. All children grow and develop according to the behavioral traits shaped by the environment. Some children develop and grow in a good and well-behaved environment, while others develop and grow up in an unfavorable and poorly behaved environment. Parents play a very important role in the development of their children. Therefore, parents need to provide education according to the needs of their children.

Students' bad behavior is certainly not planned by parents, and students' aggressive behavior is also influenced by family, socio-cultural, school, personality factors. In addition, demographic variables such as gender, birth order, age, infant experience, number of siblings, parents' socioeconomic status, climate, weather, and physical environment such as population density are also associated with aggressive behavior. Purwanto (1985: 129 in Wiladantika et al., 2014) suggests that aggressiveness is all actions aimed at attacking others and creating hostility.

In line with what Kw & Khasanah, (2018), violence is a form of aggressive behavior that is rooted in students' lives. The cases that occur are evidence that aggressive behavior is often used as an alternative in solving problems. There are many reasons students show aggressive behavior, one of which is because their desires are not fulfilled.

This aggressive behavior is often used by people to express their emotions and solve life problems. For example, hurting others indirectly, war, brawls between students. Recently, there have been many aggressive mass events.

In today's millennial teens, forms of self-aggressive behavior are expressed with words or ridicule, brought to social media such as Facebook, Instagram, WhatsApp. Dharsana, et al (2020) argue that aggressive behavior does not differentiate gender. Both teenage boys and girls alike dared to show an aggressive attitude. Able to get along with other people and the opposite sex and attract the attention of the opposite sex or avoid it.

The aggressive behavior of students can be seen from the difficulty of students to empathize. For example, there are some students who beat or insult other people. The students did not think about how the person felt when they were hit or insulted. This is influenced by its egocentric nature. Students also tend to be aggressive, usually when they are sick, tired, hungry, or sleepy. Therefore, if the school environment does not immediately follow up to reduce aggressive behavior at school, it can disrupt the process of teaching and learning activities at school.

Student aggressive behavior is a common problem in schools that we often face, and students who have problems with themselves often behave aggressively. This condition also indicates the need for guidance and supervision that can encourage stable individual development so that behavioral deviations can be prevented from occurring. In Indonesia, a lot of aggressive behavior is carried out by students such as hitting, threatening, insulting and so on. The factors that cause aggressive behavior are internal factors and external factors. To reduce students' aggressive behavior, many theories and techniques can be used. One way to change negative behavior into more positive behavior is with a behavioral approach. As is known, behavioral counseling is a counseling theory that emphasizes human behavior which is essentially shaped and determined by the environment, all of which are learned or mastered through the training process.

According to Wiladantika, et al., (2014) behavioral theory is a way to change negative behavior into more positive behavior.

In this study, researchers used a behavioral theory approach. Gerald Corey (in the translation of E. Koswara, 1988: 196) argues that "behavior is the application of various kinds and techniques based on learning theory with the application of systematic learning principles towards more adaptive behavior change". This approach makes a significant contribution to the field of education. Based on behavioral modification learning theory, behavioral therapy is a variety of psychotherapeutic approaches related to behavior modification.

Behavioral counseling has various techniques including systematic desensitization, impulsive and overwhelming therapy, assertive exercises, aversion therapy, operant conditioning, positive reinforcement, response formation, intermittent reinforcement, erasure, modeling, token economy. In this research, the technique used is modeling technique. In the modeling technique, the individual observes the model and is reinforced to imitate the behavior of the model. Bandura (Corey, 1988) states that learning apart from direct experience can also be obtained indirectly through observing the behavior and consequences of others. Therefore, certain social skills can be acquired by observing and imitating the behavior of existing role models. In everyday life, we can see reinforcement and models in aggressive social learning. Aggressive behavior is learned primarily through observation and refined through increased practice (Bandura, 1978, Gading, 2017).

Researchers have looked files from various previous studies published in various nationally recognized articles on the effectiveness of implementing behavioral counseling using modeling techniques. As a result, researchers have found several studies on the effectiveness of implementing behavioral counseling with modeling techniques to reduce aggressive behavior. Research data on the effect of implementing behavioral counseling using counseling techniques to reduce aggressive behavior are widely available, but further research on data from this study is not widespread. Data from studies on the effect of the effectiveness of implementing behavioral counseling with modeling techniques in order to reduce aggressive behavior require a summary of the results of further studies and reassessments to corroborate the results of previous studies. This research can be carried out with the type of library research using the meta-analysis method to calculate the effect size.

Several meta-analytical studies have been conducted in various fields of study at the educational level. However, in Indonesia so far there has been no research on meta-analysis on the effectiveness of implementing behavioral counseling with modeling techniques to reduce aggressive behavior. Based on the explanation above, the researcher is interested in library research which takes the topic "The Effect of Behavioral Counseling Implementation With Modeling Techniques in Order to Reduce Student Aggressive Behavior".

The aims of this study are: 1) To examine and describe the tendency of aggressive behavior in adolescents, 2) To analyze and describe the effectiveness of the application of behavioral counseling with modeling techniques in reducing student aggressive behavior.

Method

The type of research used is library research with a quantitative descriptive approach. Descriptive quantitative approach is an approach to explain the problem and is explained by using meaningful numbers to explain the results of the research conducted. The research method used is meta-analysis. Meta-analysis is a method of reviewing articles by analyzing research results such as those published on the official website and the national Google Scholar, which aims to determine the effectiveness of implementing behavioral counseling with modeling techniques to reduce student aggressive behavior.

The subject of this study used a secondary source. Secondary sources are not directly obtained or collected from practice, but are the results of previous research published on official educational sites such as Google Scholar. The survey sample is in the form of articles published nationally in journals, in particular, articles published with the following criteria: articles created or created by the academic community (lecturers and students) have been published, conducted in Indonesia, surveys from 2016 to 2020, survey objects The hypothesis test is limited to the T or F test in the form of the effect of implementing behavioral counseling using modeling techniques on reducing student aggressive behavior. According to (Thalha Alhamid and Budur Anufia Islamic Economics, 2019) "Documentation guidelines include an overview or category for data collection." So that the journals or articles that are used as research subjects have met these criteria. From the specified criteria, eleven articles will be investigated and the results of the analysis will be included in the specified criteria.

The data analysis technique used statistical techniques. The published research results are selected according to predetermined criteria. Data collection that has been done, there are eleven articles with the theme of behavioral counseling with modeling techniques in order to reduce aggressive behavior. The eleven articles were analyzed for content and data needed to calculate effect sizes. The data analyzed are the type of research, method and t-test value. The analysis technique of this study uses statistical analysis techniques to calculate the effect size.

According to TELA, et al (2019), the effect size is "a measure of the magnitude of the influence of a variable on other variables, the magnitude of the difference and the relationship that is independent of the influence of the sample". The calculation of the effect size of the t-test uses the Cohen formula (TELA et al., 2019) as follows:

$$d = \frac{\bar{x}_1 - \bar{x}_2}{S_{gab}}$$

Description:

- d = effect size
- \bar{x}_1 = the mean of the experimental group
- \bar{x}_2 = the mean control group
- Sgab = combined standard deviation

The formula for finding *SGAB* presented by Becker (Tela et al., 2019) is as follows.

$$S_{gab} = \sqrt{\frac{(n_1 - 1)S_1^2 + (n_2 - 1)S_2^2}{n_1 + n_2 - 2}}$$

Description:

- n₁ = number of samples of the experimental group
- n₂ = number of samples of the control group
- S₁² = variance of the experimental group
- S₂² = variance of the control group

Table 1. Calculation Results Effect Size Using Cohen's Formula (MW Handayani et al., 2018)

Effect Size (d)	Information
d ≥ 0,8	Large
0,5 ≤ d < 0,8	Medium
d ≥ 0,5	Small

Results and Discussion

The research data used are data from eleven journals that are in accordance with the criteria of the research subject. The data obtained are the number of aggressive behaviors carried out by students such as hitting, threatening, insulting, saying rude to others and doing acts of hurting people and so on. From several journals analyzed, it was found that the factors causing the emergence of aggressive behavior consisted of internal factors and external factors.

Data analyzed is t-test data which is then presented in a quantitative descriptive manner. The results of the analysis related to the effect of implementing behavioral counseling with modeling techniques on reducing student aggressive behavior are shown in table 2.

Table 2. Results of Data Analysis

No	Author	Journal Title	Year	Type Research	Of T-Test
1	Rika Damayanti, Tri Aeni	Efektivitas Konseling Behavioral Dengan Teknik Modeling Untuk Mengatasi Perilaku Agresif Pada Peserta Didik SMP Negeri 07 Bandar Lampung	2016	Experiment	4,063
2	Fadhil Hardiansyah, Siti Robiah Adawiyah	Efektifitas Bimbingan Kelompok Dengan Teknik Modeling Untuk Mengurangi Perilaku Agresif Verbal Siswa Kelas VIII Mts Al-Hidayah Bekasi	2016	Experiment	2,834
3	Ni Wayan Rica Anjani	Efektivitas Konseling Behavioral Teknik Modeling Dan Teknik Role Playing Untuk Meminimalisir Self Aggression Pada Siswa Kelas X SMA Negeri 1 Sukasada	2016	Experiment	12,999
4	Made Arba Permana	Pengaruh Konseling Behavioral Dengan Teknik Shaping Dan Teknik Modeling Terhadap Perilaku Agresif Siswa Kelas VII SMP LAB Undiksha	2016	Experiment	5,907
5	I Ketut Gading, Umrotun Nisa, Luh Putu Sri Lestari	Keefektifan Konseling Behavioral Teknik Modeling Dan Konseling Analisis Transaksional Teknik Role Playing Untuk Meminimalkan Kecenderungan Perilaku Agresif Siswa Sekolah Menengah Atas	2017	Experiment	11,504
6	Ardhitya Dwi Yulianto	Pengaruh Bimbingan Kelompok Dengan Teknik Modeling Untuk Mengurangi Perilaku Agresif Pada Siswa Kelas VIII SMP Negeri 3 Weru Tahun Pelajaran 2017/2018	2017	Experiment	12,774
7	Sukoco KW, Rifqi Khasanah	Upaya Mengurangi Perilaku Agresif Dengan Menggunakan Konseling Behavioral	2018	Experiment	3,186
8	Rizki Purma Admaja	Efektivitas Teknik Modelling Untuk Mengurangi Perilaku Agresif Siswa Kelas X Di SMK Pgr 4 Kota Kediri Tahun Pelajaran 2017/2018	2018	Experiment	5,650
9	Afni Syafriani	Efektifitas Konseling Behavioristik Dengan Menggunakan Teknik Modeling Untuk Mengatasi Perilaku Agresi (Studi Eksperimen di Kelas XI IPS 4 SMA Negeri 14 Padang).	2018	Experiment	8,374
10	I Gusti Ayu Made Ari Pradnyani	Pengaruh Konseling Behavioral Dengan Teknik Modeling Untuk Meminimalisasi Perilaku Agresif Siswa Kelas XI Di SMA Negeri 1 Sukasada	2020	Experiment	4,306
11	Keni Dinantia	Efektifitas Teknik Modelling Untuk Mengatasi Perilaku Agresif Remaja Di Kenagarian Lubuak Alai Kecamatan Kapur IX Kabupaten 50 Kota	2020	Experiment	5,283
Effect Size					2,148

Based on the results of data analysis in Table 2 above, it shows that experimental research from the analyzed journals is at a value of 2,148. This means that the effect size of the studies contained in the article

based on the calculation results is in the large category. The effect size means that the implementation of behavioral counseling with the modeling technique applied has a great influence in reducing student aggressive behavior.

Conclusion

Based on the results of the analysis of eleven articles that were in accordance with the criteria of the research subjects, it was found that the tendency of students' aggressive behavior was quite large. This is due to several causes of aggressive behavior consisting of 2 factors, namely internal factors (personal, biological factors and frustration), external factors (poverty, social culture, situational and mass media) that exist within each individual.

From the results of the article analysis research that has been obtained, it can be concluded that of the eleven articles that have been selected, identified based on the specified criteria and calculated using meta-analysis to find out how large effect size the overallSo that the implementation of behavioral counseling with modeling techniques has a great influence in reducing student aggressive behavior. Therefore this technique is very suitable to be used in order to reduce student aggressive behavior.

Some suggestions that can be submitted as an effort to improve in library research research using the meta-analysis method are: 1) recommended for other researchers who wish to conduct similar research on the implementation of behavioral counseling with modeling techniques in order to reduce student aggressive behavior to be more thorough to minimize the occurrence data bias. In addition, in taking research samples, it is recommended to multiply the sources of published articles, because the more samples used in the study, the higher the quality of the research, 2) It is recommended for BK teachers to be able to use models and techniques that are in accordance with the needs and problems of students, one one is to implement behavioral counseling with modeling techniques in order to reduce student aggressive behavior, 3) It is recommended to schools to facilitate the implementation and minimize obstacles in the implementation of behavioral counseling with modeling techniques in order to reduce student aggressive behavior by always maintaining good solidarity and cooperation between teacher staff and student guardians. 4) It is recommended for parents to increase their attention to their children, always provide guidance, encouragement and constructive advice to improve children's positive attitudes and always foster harmonious relationships with children.

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