

Counseling Group With self-management techniques for Lower Prejudice Social Learners

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Article Information	ABSTRACT
Received: January 2024	Service Counseling Group with self-management techniques for Lower Prejudice Social Students at Senior High School 2 Palangkaraya. The aim of this study For know service counseling group with deep self-management techniques lower participants ' social prejudices educate. Type of research used is quantitative with Pre- Experiment technique dangn form of One-Group Pretest-Posttest Design. Population in this research is participant educate class X MIPA-7 at Senior High School 2 Palangka Raya, totaling 40 people, with sample of 9 participants identified students own level high social prejudice. Data is analyzed with the T Test Using SPSS software application version 20.00. technique Data collection uses observation and scale prejudice social. Based on Pre-test results before providing subject treatment get mark average scores were 86-114 in in category high, and after giving treatment based on Subject average Post-test results get mark score 57-85 and in in category currently. On observation beginning before giving treatment mark score 9-13 in in category low and after providing treatment during observation end of subject average get mark score 4-8 in in category low. Research result showing ninth participant students who are given treatment experience decline behavior prejudice social after providing known treatment from results Pretest-Posttest comparison.
Accepted: February 2024	
Published: March 2024	
Keywords: Counseling Groups, self -management, prejudice Social	

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Citation Information: Estimurti, E. S. & Akita, N., (2024). Counseling Group With self-management techniques for Lower Prejudice Social Learners. *Suluh: Jurnal Bimbingan dan Konseling*, 9(2), 71-75. <https://doi.org/10.33084/suluh.v9i2.6944>

INTRODUCTION

Education is foundation main in prepare individual For face challenges and opportunities in life. along with walking time, education No only aim For transfer knowledge, but also purpose For develop potency creative, critical, and entrepreneurial individual. Stages development individual, start from childhood until adult, play role important in direct education they. Children's education age Early childhood, for example, emphasizes development Skills social, emotional, and cognitive, temporary education tall more focus on development competence academic and professional support development career. Therefore that 's important for system education For adapt self with various stages development individual, to be sure that approach relevant and effective learning provided For every phase in journey education they. Stage development in high school help student reach potency maximum they. One of them is create environment stimulating and supportive learning, where students pushed For explore interest and talent they in a way deep. In this phase also participants educate get chance For develop Skills social, leadership, and collaboration through participation in project, club, or organization at school. The high school period is an

urgent time for various people to pay attention to one of the parties namely the teacher.

Participant educate is a moderate person are in phase growth and development Good in a way physique nor physical, growth and development is characteristic from somebody participant necessary education guidance from a educator. Conditions that occurred at Senior High School 2 Palangkaraya from results interview with the teacher showing that there is a problem, namely prejudice against Dr participant educate. prejudice is something attitude that doesn't tolerant, unfair, or No favourable to group of people. Appear prejudice among participant educate Because participant educate That Alone assume his thoughts with only evaluate at a glance, then over time assumption That can changed becomes slander and finally become hostility. See condition on so need handled problem by the guidance and counseling teacher, the guidance and counseling teacher can use form Service Counseling Group. The purpose given service Counseling Group expected of the participants educate can reduce attitude his prejudice to participant educate other. Service counseling group That Alone according to Winkel's opinion (in Lubis 2011:198) is implementation of the counseling process carried out between a counselor professional and some client at a time in group

small. With objective for the learning process and effort For help client in solution the problem.

On implementation service guidance group there is various one technique is use self-management techniques. According to Cormier's opinion (in Alamri 2015) self-management or management self is a change strategy deep behavior the process counselee direct change his behavior Alone with something technique or combination technique therapeutic. My reason use This self-management technique is this technique is very suitable used For problems participant educate with behavior that is not related with other people but disturbing others and yourself Alone like behavior prejudice, so with use this technique counselor can change or reduce behavior prejudice in participants educate. Based on exposure previously that impact experienced prejudice participant educate so researcher want to carry out service counseling group with self-management techniques. Alternative solution problem prejudice social experience participant research students do it No total solution however only as solution beginning. Researcher will carry out study with title " Counselling group with self-management techniques for Lower Prejudice Social Participant educate

METHOD

Approach Study

Research methods used in this research is pre- experimental method. According to Creswell (2010:241) design study cover One groups observed at the pre-test stage. According to opinion Sugiyono (2016:72) explains that study experiment is method research used For look for influence treatment certain towards others within controlled conditions. Research design is design How study held. Research design used in This research is a one group pre-test. In this design, before treatment given formerly sample given a pre-test (test beginning) after That given treatment (treatment) and at the end learning sample given a post- test (test end).

Research Instrument

According to Sugiyono (2014:178) stated that instrument study is tools used in measure phenomenon natural nor observed social, or often known with variable study. Instruments used in This research consists from material treatment form scale prejudices and rubrics observation, before instrument That used in study moreover formerly Validity test is carried out construction (validity expert).

The scale used in this research is scale likert, the respondent will be given statements with alternative answers namely : very suitable (SS), suitable (S), not suitable (TS), very unsuitable (STS).

Table 1. Categories Prejudice Scale Answers Social

Statement	Favorable (+)	Unfavorable (-)
Strongly Agree (SS)	4	1
Seven (S)	3	2
Disagree (TS)	2	3

Strongly Disagree (STS)	1	4
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Instrument Validation

For obtain instruments that have validity fill nor validity construction researcher can arrange with plan it on time instrument will arranged. According to opinion Priyono (2008:86) explains that validity related with accuracy use indicator For explain the meaning of the concept being researched In this case, the experts whose opinions were asked were guidance and counseling lecturers at Universitas Muhammadiyah Palangkaraya.

next step, calculation validity and reliability with using the SPSS (statistical package the social sciences) software program. Version 20, of results counter the Then can is known of 80 items in total statement found 52 invalid items and 28 valid items.

Instrument Reliability

Table 2. Reliability Results

Cronbach's Alpha	N of Items
,674	28

Reliability tests were calculated and analyzed using the SPSS (Statistical Package for Social Science) program. Reliability test results from the switch used in this research shows results that mark Cronbach's alpha obtained is 0.674. Based on results from taking decisions that have been made mentioned above, then obtained conclusion calculated t value > t table, namely with mark score 0.674 > 0.220 then scale used in This research is declared reliable.

Data analysis

According to Sugiyono (2013:169) data analysis is activity after data from all over respondents or other data sources were collected.

In deciding effectiveness or not implementation service counseling group with This self- management technique analyzes the data used is comparison results the average score of pre-test and post-test of object study. Data analysis using statistical data analysis descriptive For describe or describes the data that has been collected in the sample, for know effectiveness or results comparison use T test analysis using SPSS20 program software application

RESULTS AND DISCUSSION

The following is an explanation of the data regarding results study Counseling group with self- management techniques! For lower participants ' social prejudices studied at Senior High School 2 Palangkaraya Year Teachings 2017/2018. Research time implemented from March to May 2018. Next researcher set research subjects by doing spread scale prejudice social. Prejudice social participant Students are categorized into 3, namely: high, medium and low.

Results of giving scale prejudice social participant Class X Science 7 students were identified nine students who have prejudice enough social tall based on the criteria above.

Table 3. Pre-Test Results

Learners	Pre-test Score	Category
KSW	81	Currently
MD	90	Tall
SK	85	Currently
A	89	Tall
FAIS	94	Tall
DKR	83	Currently
RN	89	Tall
DMP	84	Currently
MR	102	Tall

Table 4. Post-test results of the scale prejudice social

Learners	Post-test Score	Category
KSW	56	Low
MD	84	Currently
SK	71	Currently
A	80	Currently
FAIS	83	Currently
DKR	72	Currently
RN	80	Currently
DMP	63	Currently
MR	84	Currently

Table 5 Initial Observation Results of Prejudice Social Participant educate

Learners	Observation Score	Category
KSW	10	Currently
MD	12	Currently
SK	11	Currently
A	10	Currently
FAIS	16	Tall
DKR	11	Currently
RN	11	Currently
DMP	13	Currently
MR	16	Tall

Table 6. Final Observation Results of Prejudice Social Participant educate

Learners	Observation Score	Category
KSW	9	Currently
MD	8	Low
SK	9	Currently
A	8	Low
FAIS	10	Currently
DKR	8	Low

RN	6	Low
DMP	8	Low
MR	6	Tall

Subject Data Research in Participating in Counseling Activities Participant educate MR during the initial pre-test get a score of 102 came in in category height and observation beginning get mark score 16 and incl in category high, but at the moment observation end participant educate MR to get mark score 6 and enter into the category low and after giving treatment at the final post-test get amount a score of 84 came in in category currently. So that can seen that participant MR students experienced change decline level prejudice very social significance after providing treatment. After follow service counseling group with participant self-management techniques educate MR to be aware that prejudice bad is behavior that is not good and must changed so MR tried For reduce and eliminate prejudice bad to other people.

Participant educate DMP during the initial pre-test get score 84 in in category medium and observation beginning get mark score 13 and incl in category being, but at the moment observation end participant DMP students get mark score 8 and enter into the category low and after giving treatment at the final post-test get amount a score of 63 came in in category currently. So that can seen that participant DMP students experience change decline level prejudice very social significance after providing treatment. After follow service counseling group with participant self-management techniques DMP students strive For more own prejudice Good rather than prejudice bad.

Participant educate RNs during the initial pre-test get a score of 89 came in in category height and observation beginning get mark score 11 and incl in category being, but at the moment observation end participant RN students get mark score 6 and enter into the category low and after giving treatment at the final post-test get amount a score of 80 is in in category currently. So that can seen that participant RN students experience change decline level prejudice very social significance after providing treatment. After follow service counseling group with participant self-management techniques RN students know consequence What will he got If prejudiced bad to other people so participant RN education does not will fast in take decision before know the truth.

Participant educate DKR during the initial pre-test get a score of 83 came in in category currently observing beginning get mark score 11 and incl in category being, but at the moment observation end participant educate DKR to get mark score 8 and enter into the category low and after giving treatment at the final post-test get amount a score of 72 came in in category currently. So that can seen that participant DKR students experienced change decline level prejudice enough social significant after providing treatment. After follow service counseling group with participant self-management techniques

educate DKR will try For prejudiced Good to others and reduce prejudice the bad.

Participant FAIS students during the initial pre-test get a score of 94 came in in category height and observation beginning get mark score 16 and incl in category high, but at the moment observation end participant FAIS students get mark score 10 and enter into the category medium and after giving treatment at the final post-test get amount a score of 83 came in in category currently. So that can seen that participant FAIS students experience change decline level prejudice enough social significant after providing treatment. After follow service counseling group with participant self-management techniques educate FAIS aware that No can prejudiced bad or accuse others of being negative without know the fact is moreover formerly So participant educate FAIS will look for truth and facts about something before he prejudiced.

Participant student A during the initial pre-test get a score of 89 came in in category height and observation beginning get mark score 10 and incl in category being, but at the moment observation end participant Educate A get mark score 6 and enter into the category low and after giving treatment at the final post-test get amount a score of 80 is in in category currently. So that can seen that participant Educator A experienced change decline level prejudice enough social significant after providing treatment. After participant Educate A to know consequence What will obtained If prejudiced bad so participant educate SK will always try For more prejudiced Good to other people in particular to existing friends in the environment his school.

Participant SK students during the initial pre-test get a score of 85 is in in category medium and observation beginning get mark score 11 and incl in category being, but at the moment observation end participant SK students get mark score 9 and enter into the category medium and after giving treatment at the final post-test get total score 71 entered in category currently. So that can seen that participant SK students experienced change decline level prejudice social after providing treatment. After follow service counseling group with participant self-management techniques SK students know the consequences obtained If think negative to others then SK will always think positive and reducing thought negative to other people.

Participant educate MD during the initial pre-test get a score of 90 is in in category height and observation beginning get mark score 12 and incl in category being, but at the moment observation end participant educate MD get mark score 8 and enter into the category low and after giving treatment at the final post-test get amount a score of 84 came in in category currently. So that can seen that participant MD's students experienced change decline level prejudice enough social significant after providing treatment. After follow service counseling group with participant self-management techniques

educate MD will always try more good again for control prejudice bad thing he has.

Participant KSY students during the initial pre-test get a score of 81 came in in category medium and observation beginning get mark score 9 and incl in category being, but at the moment observation end participant KSY students get mark score 10 and enter into the category medium and after giving treatment at the final post-test get amount score 56 and enter in category low. So that can seen that participant KSY's students experienced change decline level prejudice social after providing treatment. After follow service counseling group with participants ' self-management techniques Educate KSY to be aware that he No will too fast judge others because Not yet Of course what others do is wrong and what we do is Correct.

CONCLUSION

Based on results analysis and discussion above, then can concluded that service counseling group with self-management techniques can lower level prejudice social participant student in class X MIPA-7 Senior High School 2 Palangkaraya. That matter based on results Post-test and Observation scale show that level prejudice social participant educate experience lowering. Based on Pre-test results before providing subject treatment get mark average scores were 86-114 in in category high, and after giving treatment based on Subject average Post-test results get mark score 57-85 and in in category currently. Whereas based on results subject's average observation on observation beginning before giving treatment mark score 9-13 in in category low and after providing treatment during observation end of subject average get mark score 4-8 in in category low. The results of this analysis show that ninth participant educate on the subject study experience decline level prejudice social after given treatment.

ACKNOWLEDGMENT

Saying accept thank you to Universitas Muhammadiyah Palangkaraya for facilitating it publication journaled accredited

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