

The Effectiveness of Group Guidance With the Teras Philosophy Approach to Reduce Overt Bullying in Students Guidance and Counseling Program Fkip Unisri Academic Year 2022/2023

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Abstract

This study aims to obtain data on overt bullying of students of the Unisri FKIP Guidance and Counseling Study Program for the 2022/2023 Academic Year before being given group guidance using the Teras Philosophy approach and to test the effectiveness of group guidance services using the Teras Philosophy approach in reducing student overt bullying.

Pre-experimental pre-test post-test design is a research method in this study. While the data analysis technique uses the Paired Simple test.

The calculation of the average percentage of overt bullying before receiving group guidance services with the core philosophy is included in the high category, namely 72.83%.

Experienced a decrease in the average percentage of overt bullying after being given group guidance services with the core philosophy of six meetings, which decreased to 46.38%, including the low category.

The output of this research is the publication of research results in international journals and publications at the Refanas scientific meeting. This is basic research that produces basic principles of technology, concept formulation and application of technology, to proof of research concepts with TKT 3 indicators.

Keywords: Group Guidance with Teras Philosophy, Overt Bullying

1. Introduction

In lecture classrooms there is bound to be interaction between students, the dynamics in class sometimes lead to conflict. One of them is because cases of bullying in cases of bullying can occur due to exaggerated jokes that violate the boundaries of decency, for example making fun of friends by mentioning parents' names and parents' work which in the eyes of children is very funny and inappropriate, this is a form of excessive joking.

After graduating from the Guidance and Counseling study program at a university, there are various professions that these graduates can pursue. One way is to become a counselor. The success of implementing guidance and counseling is not only determined by the knowledge and skills possessed by the counselor, but personal characteristics are the most powerful determinant in carrying out their profession. In other words, the counselor profession is not only sufficient to meet academic qualifications, but needs to be supported by mastery of personality competencies.

Overt bullying behavior has an impact on bullies who can lead to serious juvenile delinquency in the future or crime if not handled properly. If overt bullying behavior becomes a habit for students of the UNISRI FKIP Guidance and Counseling Study Program for the 2022/2023 Academic Year, it will hinder the process of developing personality competencies that prospective counselors must possess.

From the results of the author's observations, there are symptoms of overt bullying behavior in the Unisri FKIP Guidance and Counseling Study Program Students for the 2022/2023 Academic Year, namely; 1) Giving nicknames (whether it's with parents' names, parents' jobs or referring to physical conditions), 2) Swearing, yelling and ridiculing when different opinions; 3) Gossip (both about lecturers and between friends).

One of the services in guidance and counseling is group guidance. Where group guidance services have two components, namely the group leader and group members which are limited to 8 to 10 people and their

implementation through four stages. Group tutoring aims for personal development and in-depth discussion of general topics that benefit group members by using group dynamics.

One of the ancient Greco-Roman philosophical schools that are more than 2000 years old but still relevant to today's human condition is the Terrace Philosophy. This core philosophical approach offers a way to develop a more resilient mental attitude, live free from negative emotions, live to hone kindness, live in harmony with nature, meaning that we must make the best use of reason, common sense, ratio.

Based on the background explanation above, the author will present the Effectiveness of Group Guidance Using the Terrace Philosophy Approach to Reduce Overt Bullying in Guidance and Counseling Study Program Students FKIP UNISRI Academic Year 2022/2023.

2. Research Method

In this study, the type of research used was pre-experimental with a single group design with pre-test - treatment - post test. This design before being given treatment (group guidance with the Terrace Philosophy Approach) was tested (Overt Bullying attitude scale) first and tested again after being given treatment.

In this study there are two variables, namely the independent variable and the dependent variable. Group guidance with the Terrace Philosophy Approach is an independent variable because this variable does not depend on other variables. The dependent variable is the attitude of Overt Bullying.

Unisri FKIP Guidance and Counseling Study Program Students for the 2022/2023 Academic Year who have a high overt bullying attitude will be the sample in this study. As for the selection of research samples, they were taken by random or simple random sampling.

The data collection technique used to collect data on overt bullying of students of the Unisri FKIP Guidance and Counseling Study Program for the 2022/2023 Academic Year is a psychological scale. Meanwhile, according to Saifuddin (2022: 5) the psychological scale is a tool used to measure affective attributes. Thus the reason for using a psychological scale in this study is because the data to be disclosed in this study is in the form of psychological constructs or concepts that describe aspects of personality in the form of overt bullying.

The data collection tool in this study uses the Linkert scale because the data obtained from the analysis of the overt bullying scale is qualitative. Therefore, in order for the data to be analyzed quantitatively, the answers given by the respondents were scored based on an interval scale using the Likert scale measurement method.

The Likert scale has five categories of agreement and has an interval score of 1 to 5. If the item is in the form of a positive statement, the score is 5 for Very Appropriate answers to the lowest score 1 for Strongly Unsuitable answers, conversely if the statement is negative the score becomes 5 for the lowest Very Unsuitable answers +1 for a very appropriate answer.

To test the validity in this study using an internal validity test that is by correlating the scores of each instrument item in the total score.

The instrument was tested on March 1, 2023 with thirty-seven (37) Student Respondents in Semester Two of the FKIP UNISRI 2013/2014 Guidance and Counseling Study Program.

There were 12 invalid statement items out of 60 items made. The twelve invalid items are numbers 3, 14, 16, 24, 26, 30, 35, 37, 39, 42, 50 and 55. It is said to be invalid because the twelve items have a correlation coefficient less than r table at $\alpha = 5\%$ with $N = 37$ which is 0.325. Because of the 48 valid statements representing each indicator of the research variable, the twelve invalid statement items were not corrected.

In this study the Alfa Cronbach technique was used to test reliability because the type of data used was interval data, and with the consideration that the scores in this study were in the range of 1 – 5.

The results of the instrument reliability test are reliable because the reliability coefficient is 0.949 ± 0.325 (r table at $\alpha = 5\%$ with $n = 37$). So that the instrument is reliable enough to be used as a data collection tool

The data analysis technique in this study used the Wilcoxon Match Pairs Test to find out before and after being given treatment in the form of group guidance with the core philosophy.

The predetermined significance level is 5% or an error level of 0.05. The data is said to be significant if r is less than r . In research the results are significant. Thus overt bullying of students can be reduced after receiving group guidance with the core philosophy.

3. Results And Discussion

A. Research Results

One of the aims of this study was to find out overt bullying of students before being given group guidance using a central philosophy approach

As for the results of the overt bullying attitude scale of the ten students who were the sample of this study before being given treatment there was one student in the very high category with a score of 204 with a percentage of 85% and there were students in the high category with a percentage of 72% there were five students, while the percentage was 71% in the category there are four students high.

The treatment in this study was group counseling with a core philosophy approach which was carried out in 6 meetings

1) First Meeting

Held on April 8 2023 in Building Room H2.2 Unisri. At this initial meeting the researcher explained the purpose of this activity and how to do it during the implementation of group guidance. In group guidance this is a category of task group guidance, because the material comes from the group leader.

The material discussed at the first meeting was about overt bullying. The ten students discussed conceptually overt bullying together, then were invited to explore the negative impact when someone becomes a perpetrator of overt bullying, the positive impact when someone avoids overt bullying behavior. The ten students conveyed what impressions or values they got in the discussion.

2) Second Meeting

Held in building H, second floor, UNISRI, Saturday 15 April 2023. At this second meeting, the material discussed was the philosophy of the terraces. The ten students discussed the core philosophy conceptually, examined the core philosophical approach using the S-T-A-R method in their daily lives, examined the benefits of using the S-T-A-R method when facing problems.

3) Third Meeting

On April 29 2023, the third meeting was held in building H2.1 UNISRI. The third meeting discussed material related to verbal bullying in the form of threats. Students jointly examine the negative impact of violence on feelings by issuing harsh words without touching physically with threatening words. After that, students examine how verbally threatening behavior can be suppressed with a core philosophical approach using the S-T-A-R method. As soon as we feel we are about to make a threat, consciously we must stop first. After stopping for a moment, we can actively think. Respond after we use reason, try to be rational in observing the situation, then we think about what response we will give.

4) Fourth Meeting

On May 6 2023 at UNISRI's H2.2 building. The fourth meeting discussed material related to condescension by calling parents by nicknames or names. Students jointly examine the negative impact of condescending by calling parents by nicknames or names. After that, students examine how condescending behavior by calling the nickname or name of the parent can be eliminated with a core philosophical approach using the S-T-A-R method.

5) Fifth Meeting

The fifth group meeting guidance was carried out on May 13 2023 at the UNISRI BK Laboratory. The material given at this fifth meeting was mocking physical disabilities with the aim of causing harm. Students jointly study the negative effects of ridiculing physical disabilities with the aim of hurting. After that, students examine how the behavior of mocking physical disabilities can be abandoned with a core philosophical approach using the S-T-A-R method.

6) Sixth Meeting

The sixth meeting was held on May 20 2023. At this meeting it was the closing stage of the group guidance with the core philosophy, the researcher as the group leader stated that the activity would end soon. Group members were asked to express their impressions and results in this activity as well as express messages and hopes. And ends with a prayer.

After the ten students were given treatment with group guidance for six meetings. Students experience a decrease in overt bullying. It can be seen that there is a difference between the results of the pre test and the post test. From the results of calculating the average percentage of overt bullying after receiving group guidance services, it decreased by 26.45% to 46.38% and is included in the low category. Of the ten students, there are two students in the moderate category, 7 students in the low category, 1 student in the very low category.

Based on the results of the Wilcoxon test with a significance level of 5%, it shows that group counseling services can reduce student overt bullying. This can be seen from $Z_{count} = -2.803 < Z_{table} = 0.05$ means that H_a is accepted and H_o is rejected.

B. Discussion

Group guidance with a core philosophy can reduce overt bullying of Students of the Guidance and Counseling Study Program FKIP UNISRI for the 2022/2023 Academic Year, this can be seen from the results of data analysis which includes the results of the pre-test and post-test and Wilcoxon test in this study.

Calculation of the average percentage of overt bullying before receiving group guidance services with the core philosophy is included in the high category, namely seventy-two point eight three percent. Experiencing a decrease in the average percentage of overt bullying after being given group guidance services with the philosophy of the core philosophy as many as six meetings, decreased by 26.45% to forty-six point thirty-eight percent included in the low category.

The implementation of group guidance with the core philosophy was carried out in six meetings. In the first meeting of this group guidance, the researcher explained the purpose of this activity and how to do it during the implementation of group guidance, with the material discussed related to overt bullying. The meeting of the two students jointly discussed the core philosophy conceptually, studied the core philosophical approach using the S-T-A-R method. The third meeting discussed material related to verbal overt bullying in the form of threats and examined how this verbally threatening behavior could be suppressed with a core philosophical approach using the S-T-A-R method. The fourth meeting of students examines the negative impact of condescending by calling parents by nicknames or names. The material given at the fifth meeting was to ridicule physical disabilities with the aim of causing harm. The sixth meeting is the closing stage of group counseling with the core philosophy.

The results of the Wilcoxon test for overt bullying with a significance level of 5% show $Z_{count} = \text{min two point eight hundred and three} < Z_{tabel} = 0.05$, this proves that H_a is accepted and H_o is rejected. Thus group guidance services using the core philosophy can reduce overt bullying of students.

4. Conclusion

Based on the results of the study, empirical data was obtained on overt bullying of Semester Students of the Unisri FKIP Guidance and Counseling Study Program for the 2022/2023 Academic Year before being given Group Guidance with the Terrace Philosophy Approach. There is one student in the very high category with a score of 204 with a percentage of 85% and there are students in the high category with a percentage of 72% there are five students, while the percentage is 71% in the high category there are four students.

The treatment in this study was group counseling with a core philosophy approach which was carried out in 6 meetings.

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