



The Effect of Individual Counseling on Students' Aggressive Behavior in Class IX C of SMP Negeri 3 Brebes in the 2022/2023 Academic Year

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Abstract

Received: 2 Maret 2023
Revised: 25 Maret 2023
Accepted: 6 April 2023

The purpose of this study was to find out individual counseling and aggressive behavior in Class IX C students of SMP Negeri 3 Brebes for the 2022/2023 academic year. As well as to find out whether individual counseling has an effect on the aggressive behavior of Class IX C students of SMP Negeri 3 Brebes for the 2022/2023 academic year. This type of research is a survey method with a quantitative approach. In this study, the population used was Class IX C students at SMP Negeri 3 Brebes for the 2022/2023 academic year, totaling 29 students. Sampling in this study used a saturated sample, namely all members of the population were sampled, so that the sample in this study was 29 students with 16 male students and 13 female students. The results showed that the level of individual counseling services for students was in the high category. The level of aggressive behavior in students is in the high category. There is an influence of individual counseling services on aggressive behavior in students as evidenced by statistical testing of simple linear regression analysis, which shows that H_a is accepted. Suggestions in this study are that schools and teachers are expected to collaborate with parents of students to help schools evaluate the effectiveness of individual counseling services and ensure that students receive the necessary support at home.

Keywords: Counseling Guidance, Individual Counseling, Aggressive Behavior.

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How to Cite: Haikal, M., Hartinah, S., & Budisiwi, H. (2023). The Effect of Individual Counseling on Students' Aggressive Behavior in Class IX C of SMP Negeri 3 Brebes in the 2022/2023 Academic Year. *Jurnal Ilmiah Wahana Pendidikan*, 9(9). <https://doi.org/10.5281/zenodo.7969647>

INTRODUCTION

Guidance and Counseling is an effort to provide assistance to education students so that they can understand themselves so that they are able to act properly in everyday life in accordance with the task of individual soul development.

According to Azzet (2013: 11) There are several principles of guidance and counseling including:

1. The Principle of Confidentiality

It is a principle that requires a counselor to maintain the confidentiality of data or privacy of the counselee. The information obtained should only be used for therapeutic purposes and in the consent of the counselee.

2. The Principle of Voluntariness

Namely the principle of willingness between two people, namely the counselor and the counselee to undergo every service process intended in the counseling process.

3. Principle of Openness



Namely the principle that requires counselors and counselees to be open and not pretend in the counseling process, this applies in providing information or in the process of receiving various external influences that may be useful to help the counseling process.

As stated by Pratama et al. (2022:3), individual counseling involves direct interaction between the counselor, who has specialized knowledge, and the client, in which the counselor creates an educational environment for clients to gain self-awareness, understanding of present and future situations, and using their potential to achieve personal and community fulfillment. In addition, clients learn how to cope with and anticipate future challenges.

The main objective of individual counseling is to assist clients in reorganizing their problems and understanding their lifestyle, reducing negative self-evaluations and feelings of inadequacy. By doing this, it also helps in readjusting the client's perception of their environment and therefore allows them to redirect their behavior and restore their social interests.

Aggressive behavior refers to emotional outbursts that occur in response to personal failure, are characterized by destruction of people or objects, and can be expressed both verbally and nonverbally with an element of intentionality. Aggressive behavior is defiant, violent, personally attacking, leading to hostility. In conflict situations, aggressive people want to always "win" by dominating or intimidating others. Aggressive people advance their own interests or point of view but are indifferent or "cruel" to the feelings, thoughts, and needs of others. Types of behavior classified as aggressive behavior include fighting, name-calling, bullying, threatening, and various other intimidating behaviors.

In middle adolescence, usually a teenager tends to behave in accordance with the environment of their peers and they also want to be recognized in their environment by doing things that sometimes violate the norms of existing rules and do negative things. This causes aggressiveness in adolescents to occur frequently because adolescents want to be recognized by their environment by acting aggressively.

Researchers have carried out internships or School Field Practices (PLP) at SMP Negeri 3 Brebes from October to November 2021, during the implementation of the internship, researchers made observations and interviews with one of the counseling teachers who found that there were students who had aggressive behavior. In general, students at SMP Negeri 3 Brebes often engage in aggressive behavior towards their friends who are considered enemies, aggressive behavior such as: some students cheer each other on, students carry out physical attacks such as kicking, hitting each other, and students spread negative opinions through speech from friends to friends.

From the background that has been described and these initial observations, the researcher is interested in examining further the effect of individual counseling on the aggressive behavior of class IX C students at SMP Negeri 3 Brebes in the 2022/2023 academic year.

METHODS

Researchers use a quantitative approach because the data to be obtained are numbers that can be calculated for analysis in accordance with the procedures

of the applicable statistics. This type of research is a survey method, researchers want to know the consequences resulting from a treatment or influence on the population that is the subject of research. The research design used in this study is correlational, which is research designed to determine the levels of relationships of different variables in a population.

In this study, the population and samples used were students of Class IX C of SMP Negeri 3 Brebes in the 2022/2023 school year, totaling 29 students with 16 male students and 13 female students. This study uses several kinds of data collection techniques to obtain the necessary data, the main data collection technique is by questionnaire / questionnaire then supported by observation, interview and documentation techniques.

RESULTS & DISCUSSION

Individual Counseling Services for Class IX C Students at SMP Negeri 3 Brebes in the 2022/2023 Academic Year.

Based on the results of descriptive analysis, it is known that the level of individual counseling services for students shows that as many as 17 students with a percentage of 56.62% are in the high category. The medium category is 12 students with a percentage of 41.38%. While the low category does not have students. This shows that individual counseling services for students are included in the high category, because of the 29 respondents, there are 17 students with a percentage of 56.62%.

Individual counseling services can help individuals identify and understand the sources of their aggressive behavior. For example, individuals may have anger issues caused by unresolved personal or family problems. By understanding the sources of these problems, individuals can learn how to manage their emotions and control their aggressive behavior. In addition, individual counseling services can help individuals develop effective strategies to control and manage emotions that trigger aggressive behavior. For example, individuals can learn relaxation techniques such as deep breathing or meditation to calm themselves and reduce the level of anger that stimulates aggressive behavior.

According to Ira (2020: 76) the purpose of school counseling guidance in general is to help students deal with the problems they face by utilizing all the potential of themselves owned by students for their personal, social, learning and career development, and students can recognize and understand what their strengths and weaknesses are. Guidance and counseling that successfully achieves its goals as a process of providing assistance for students, namely being able to develop, direct and alleviate the problems faced by individuals so that individuals can understand their maturity to determine careers, social attitudes and can control their emotional attitudes.

Aggressive Behavior in Class IX C Students at SMP Negeri 3 Brebes in the 2022/2023 Academic Year

Based on the results of descriptive analysis, it is known that aggressive behavior in students shows that the high category has 10 students with a percentage of 34.48%. The moderate category has 17 students with a percentage of 58.62%. While the low category there are 2 students with a percentage of 6.90%. This shows that aggressive behavior in students is included in the high

category, because of the 29 respondents, there are 17 students with a percentage of 58.62%.

Learners are individuals who are in a period of development, where they are happy with exploration, looking for something new as a consideration in finding their identity, in the period of self-discovery it is not uncommon for them to find problems or problems where they can solve these problems themselves which make themselves richer in life experience but sometimes these problems cannot be solved by themselves which make themselves burdened and hinder their development, usually affecting their social relationships so that they experience problems that are manifested in aggressive behavior.

In line with Aryanto's theory (in Thohar, 2018: 29) aggressiveness in adolescents often occurs as a result of inappropriate conflict resolution. Aggressiveness in adolescents can sometimes arise because in the adolescent phase there are physical and hormonal changes that cause mood swings, emotional lability and feelings of inferiority, but aggressiveness in adolescents does not only arise because of this alone but many other factors can influence the occurrence of aggressiveness in adolescents. The most important phase of adolescent development to pay attention to is adolescents entering the middle adolescent phase because in this phase adolescents experience a period of crisis.

Individual Counseling Services on Aggressive Behavior in Class IX C Students at SMP Negeri 3 Brebes for the 2022/2023 Academic Year.

Based on the results of hypothesis testing, it shows that there is an effect of individual counseling services on aggressive behavior in class IX C students at SMP Negeri 3 Brebes for the 2022/2023 academic year. There are several influences that can be seen between individual counseling services and aggressive behavior.

Individual counseling services can help individuals develop social skills that can help them manage social interactions that cause stress and negative emotions. For example, individuals can learn how to control their emotions when arguing with others, or learn how to express their opinions and wishes effectively without being overly aggressive. Thus, individual counseling services can help individuals identify and manage sources of problems that trigger aggressive behavior, develop strategies to control emotions, and develop social skills that can help them manage social interactions that cause stress and negative emotions. This is in line with research conducted by Astuti (2017) which states that the counseling services provided can reduce students' aggressive behavior.

CONCLUSION

Individual counseling services for students show that as many as 17 students with a percentage of 56.62% are in the high category. The medium category is 12 students with a percentage of 41.38%. While the low category does not have students. This shows that individual counseling services for students are included in the high category, because of the 29 respondents, there are 17 students with a percentage of 56.62%.

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There is an effect of individual counseling services on aggressive behavior in students as evidenced by statistical testing of simple linear regression analysis, which shows that H_a is accepted.

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