

THE EFFECTIVENESS OF BEHAVIORAL COUNSELING SERVICES WITH SELF MANAGEMENT TECHNIQUES TO REDUCE AGGRESSIVE BEHAVIOR

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Abstract. This study aims to determine how effective behavioral counseling services with self-management techniques are to reduce aggressive behavior. In this study using a population of 33 students, from the population the researchers took a sample of 8 students. This research technique uses a sampling technique in the form of non-probability sampling with purposive sampling. Purposive Sampling technique is a sampling technique with certain considerations. This research is a quantitative research in the form of Pre Experimental with pre test and post test research designs. The results of this study indicate that behavioral counseling services are very effective in reducing aggressive behavior, this can be seen from the values of the pre test (before being given treatment) and post test (after being given treatment). for the pre-test value of 167.62 and post-test of 125.88, it means that from this value there is a decrease so that behavioral counseling services can be said to be effective. The Paired Sample T-test can strengthen the pre-test and post-test scores, for the t-count value is 23.857 and the t-table is 2.365. So it can be concluded that Ho is rejected and Ha is accepted ($23,857 > 2,365$). Thus, behavioral counseling services are effectively used to reduce aggressive behavior.

Keywords: behavioral counseling, self management techniques, aggressive behavior

Abstrak. Penelitian ini bertujuan untuk mengetahui seberapa efektif layanan konseling behavioral dengan teknik *self management* untuk mengurangi perilaku agresif. Dalam penelitian ini menggunakan populasi sebanyak 33 peserta didik, dari populasi tersebut peneliti mengambil sampel sebanyak 8 peserta didik. Teknik penelitian ini menggunakan teknik pengambilan sampel yang berupa *Nonprobability Sampling* dengan jenis *Purposive Sampling*. Teknik *Purposive Sampling* yaitu teknik penentuan sampel dengan pertimbangan tertentu. Penelitian ini merupakan penelitian kuantitatif dalam bentuk *Pre Experimental* dengan desain penelitian *pre test* dan *post test*. Hasil penelitian ini menyatakan bahwa layanan konseling behavioral sangat efektif digunakan untuk mereduksi perilaku agresif, hal ini dapat dilihat dari nilai *pre test* (sebelum dikasih perlakuan) dan *post test* (sesudah dikasih perlakuan). untuk nilai pre test 167,62 dan post test 125,88, artinya dari nilai tersebut adanya penurunan sehingga layanan konseling behavioral dapat dikatakan efektif. Uji *Paired Sample T-test* dapat memperkuat nilai *pre test* dan *post test*, untuk nilai t hitung mendapatkan 23,857 dan t tabel 2,365. Sehingga dapat disimpulkan Ho ditolak dan Ha diterima ($23,857 > 2,365$). Dengan demikian bahwa layanan konseling behavioral efektif digunakan untuk mengurangi perilaku agresif.

Keywords: *Konseling Behavioral, Teknik Self Management, Perilaku Agresif*

A. INTRODUCTION

The world of education within the scope of junior high school or often called junior high school and other equality is often triggered by student behavior in the form of aggressive behavior. Aggressive behavior is behavior that is used to hurt friends or other people, both verbally and non-verbally. Attacks of verbal aggressive behavior are usually in the form of hitting, kicking, smacking and pinching. This kind of thing often happens in the educational environment. While non-verbal aggressive behavior is more likely to be in the form of speaking, it can be in the form of saying rude things, throwing dirty words and calling friends by nicknames (Yudrik Jahja, 2011).

There are many problems that arise in the development of adolescents (Azmi, 2021). The stage of adolescent development is often seen as a difficult period, which is as difficult as controlling oneself in managing emotions (Arifin Efianti, 2018). So that the problems caused by adolescents can be in the form of

aggressive behavior. The lower the emotional management, the higher the aggressive behavior that will arise (Septina Yunika Sari, et al, 2013).

Aggressive behavior is often carried out by a number of teenagers to seek attention and is considered a brave person (Andi Riswandi Buana Putra, 2015). A student who often behaves aggressively is usually called a person who often causes trouble. Aggressive behavior is usually centered on behavior that often appears (Laela Siddiqah, 2010).

The occurrence of aggressive behavior is triggered by many factors that cause, influence or increase the chances of the emergence of such behavior. Aggressive behavior usually appears due to biological factors, namely the influence of association, and the influence of impressions in the mass media, especially on cellphones. At the age of SMP or MTs, teenagers are very vulnerable to aggressive behavior, especially if there is something that affects the emergence of aggressive behavior.

Aggressive behavior is an implication of an uncontrolled

emotional level. As for the forms of aggressive behavior in the educational environment are very common, therefore in the world of education must have a teacher guidance and counseling. The teacher has a very important role to help students' problems and development.

Guidance and counseling within the scope of education holds an important domain, namely being responsible for developing and helping to improve the problems faced by students (Azmi, 2019). Guidance and counseling teachers in overcoming aggressive behavior here use behavioral counseling services which are counseling services that use the domain of student behavior (Corey, Gerald, 2009).

Reducing aggressive behavior will not arise by itself, but there must be cooperation with students who are experiencing aggressive behavior. That students who experience aggressive behavior have awareness so they want to change the habits of students who are not good to be good. One of the service strategies used to reduce aggressive behavior is behavioral

counseling services using self-management techniques.

Self-management techniques are strategies for changing behavior or habits by regulating or monitoring oneself. The form of training in using self-management must include rewards or awards for achieving what students have done (Ratri, Kusumawardhani, 2018).

From the self-management technique, it is hoped that it can help organize, monitor and evaluate oneself to achieve change. This study discusses the aggressive behavior that occurs in MTs Silahul Ulum class VIII B. In that class all students consist of men, so aggressive behavior often appears.

This study aims to eradicate aggressive behavior and help guidance and counseling teachers to handle and develop the potential of students. One of the goals of guidance and counseling is to solve problems faced by students.

B. THEORETICAL BASIS

Behavioral counseling is a guidance and counseling service that

is used to provide a face-to-face service (counselor with a counselor) in the context of alleviating a problem that is being faced by the counselee. (Dewa Ketut Sukardi and Nila Kusmawanti, 2018). Other experts say that behavioral counseling is an interview process through a special relationship between the counselor and the counseling has the aim of developing and solving the problems that are being faced by the counselee (Ahmad Juntika Nurihsan, 2017). Basically behavioral counseling services are used to help solve the problems that are being faced by the counselee and develop it towards a better direction.

This illustrates that behavioral counseling services are very appropriate to be used to solve problems in the form of aggressive behavior in students. This research is supported by previous research, namely the influence of behavioral counseling with self-management techniques on the discipline of class VIII students, that behavioral counseling services are very effective in managing or helping students to

become better (Siska Novra Elviana, 2019).

In aggressive behavior at MTs Silahul Ulum class VIII researchers use behavioral counseling services with self management techniques to reduce aggressive behavior that is often caused by students.

self managementis a technique that leads to individual thoughts and behavior to assist counsees in regulating and changing behavior towards a more effective direction through the process of learning new behaviors (Eko Darminto, 2007). Meanwhile, according to other experts, self-management is a procedure where individuals regulate their own behavior, in self-management individuals are directed to change the behavior that they want to change or improve (Komalasari, et al, 2011).

The implementation of self-management usually must be followed by environmental arrangements to facilitate stimulating students so that it is easier to carry out the improvement process. Environmental regulation is a support for behavior that will be reduced through self-management,

environmental regulation can be in the form of changing the social environment and physical environment. These two things will change every student's behavior (Ni Putu Megantari, et al, 2014).

C. RESEARCH METHODS

This study uses quantitative research methods. Quantitative research method is a method that puts forward the numbers that are used as a benchmark for a problem.

This research method contains content in the form of a description of the method or method or operational steps for the implementation of research that is both technical and applicable. This study examines the population, data collection samples using instruments, and statistical data analysis (Sugiyono, 2017).

This quantitative research method has the type of experimental research. Research that has the aim of finding the effect of the independent variable on the dependent variable by manipulating (giving treatment). This research uses field research or field research using comparative methods. Called field research, because the data

collected must be in the form of data from the field.

The problem in this study is in the form of aggressive behavior that will be given behavioral counseling services using self-management techniques, so that the service can be known whether or not it is effective. In this study using a population of 33 students in one class VIII B, from that population the researchers took 8 samples to be treated. In this study, the researcher took a sample using the Non Probability Sampling technique, which is a sampling technique that does not provide equal opportunities or opportunities. This technique chooses the Purpose Sampling section, namely taking samples with certain considerations. The sample in this study is the one who has a high level of aggressiveness.

The design in this study used Pre Experimental Designs in the form of One Group Pretest Posttest Design (before being treated and after being treated). Operational variables consist of 2 variables, namely behavioral counseling services with self-management techniques and

aggressive behavior. Behavioral counseling services are measured using observation guidelines, while aggressive behavior is done by filling out a questionnaire, so that it can determine the level of aggressive behavior in class VIII B MTs Silahul Ulum.

This research has a location on Jl Juwana Tayu Km 08, No 24, Kec. Trangkil, kab. Pati, to be precise at MTs Silahul Ulum.

D. RESEARCH RESULT

The results of the research on behavioral counseling services with self-management techniques to reduce aggressive behavior are effective, so behavioral counseling services are very effectively used to help students solve problems. The objectives of behavioral counseling are as follows: first, the general purpose of behavioral counseling is the completion of a problem faced by the counselee, the counselee's problem includes something he does not like to exist, and something he wants to eliminate. Second, the specific purpose of behavioral counseling services is that

the counselee can understand the problems being faced, be able to develop their own potential and solve new problems that arise (Miya Barida, Sutomo, 2016).

Behavioral counseling services have stages that are used to carry out the counseling process. These stages consist of the introductory stage, the assessment stage, the interpretation stage, the coaching stage and the assessment stage (Zulamri, M Ahmad Juki, (2019)).

In quantitative research through behavioral counseling services, there are supporting activities to carry out the counseling process. The supporting activities consist of application of guidance and counseling instruments, data collection, case conferences, home visits and case transfer (Sri Lestari, 2017).

The results obtained through the validity test are as follows, please note that the instrument of the aggressive behavior questionnaire has 68 statements. To determine rtable, it can be obtained by the formula $df + (n - 2)$, namely $68 - 2 = 66$ with a level of 5%,

so obtained rtable of 0.235. So, all items have a pearson correlation value of more than r table (0.235). So that all items in the table are declared valid. The criteria for the list of statements can be said to be valid if rcount is greater than rtable.

The reliability test has criteria that the instrument is said to be reliable, if the value obtained is in the testing process with Cronbach's Alpha statistical test > 0.60 .

Reliability Test

No	<i>Cronbach's Alpha</i>	R table	Description
1	0.978	0.235	Reliable

From the calculation results above, it is found that the Cronbach's Alpha value of aggressive behavior is more than 0.60. This means that the aggressive behavior variable is said to be reliable, meaning that the value of aggressive behavior can be relied on so that even if it is used many times it will give the same result.

E. DISCUSSION

Based on the results of research that has been carried out at MTs Silahul Ulum there are students who

have a high level of aggressive behavior. If this aggressive behavior is left unchecked, it will indirectly affect other students, while students in MTs tend to enter adolescence. Where adolescence is a transition period in which psychological conditions can still be shaken (Hurlock, 2007). So, adolescence can be said to be a period of transition from childhood to adolescence whose emotional conditions are still unstable or unable to control themselves, which is feared from not being able to control themselves, which will have a bad impact on others or themselves.

Another expert opinion, related to adolescence, namely the transition from childhood to adulthood at the age of 12 and 21 years, with the division of early adolescence 12-15 years, while mid-adolescence is 15-18 years, and late adolescence with age 15 -21 years old ((Monks, & Knoers, 2006). Based on expert explanation, aggressive behavior consists of 4 parts, namely Physical Aggression, Verbal Aggression, Anger and Hostility (Bussy & Perry, 1992).

Judging from the explanation above, if aggressive behavior is not handled immediately, it will have a bad impact on the environment or yourself. So from the presence of aggressive behavior, researchers tried to apply behavioral counseling services with self management techniques that will be used to reduce aggressive behavior in MTs Silahul Ulum.

Behavioral counseling is very necessary, because this counseling is related to student behavior. The characteristics of behavioral counseling are teaching the educational process, so the counselor helps the counselee to learn new behaviors to solve a problem. From the behavioral counseling process, there are self-management techniques to

help optimize the counseling process. Self-management technique means pushing yourself forward, managing all elements of self-ability, controlling the ability to achieve good things, and developing various aspects of the person to be more perfect (Gie, The Liang, 2000).

Based on a study entitled Effectiveness of Behavioral Counseling Services With Self Management Techniques to Reduce Aggressive Behavior of Class VIII Students at MTs Silahul Ulum, it was found that behavioral counseling with self management techniques can reduce aggressive behavior. This can be seen from the Paired Sample T-Test

		mean	N	Std. Deviation	Std. Error Mean
Pair 1	pre test	167.62	8	18,616	6.582
	post test	125.88	8	15,688	5.547

From this output, a summary of the results of the pretest and posttest is shown. The pretest value was obtained with an average mean of 167.62 while the posttest value obtained an average value of 125.88. The number of respondents used is 8 students. For the Std Deviation at the pretest 18.616 while the post-test was 15.688 and the Std Error Mean was 6.582 while the post-test was 5.547, because the average value between the pretest and post-test was different, $167.62 > 125.688$, meaning that there was a significant difference before and after being given treatment. So it can be said that behavioral counseling services with self-management techniques are effectively used to reduce aggressive behavior in students of MTs Silahul Ulum class VIII B. The data for the pretest and posttest values are as follows: The value above can be seen

Initials	Pre test	Post test
AH	157	119
AR	210	159
AD	160	119
A	154	111
MA	175	135
MUS	169	125
AI	154	111
RO	162	128

that the pretest and post-test there are significant differences.

This behavioral counseling service can be used as a medium to find and solve a student's problem. Behavioral counseling services can also be used for various experiences or just sharing related to student behavior.

F. SUMMARY

The conclusion on the study of the effectiveness of behavioral counseling services with self-management techniques to reduce aggressive behavior for students is that behavioral counseling is indeed carried out on students of MTs Silahul Ulum which is used to solve problems in the form of aggressive behavior. The services used at MTs Silahul Ulum are not only behavioral counseling but

there are also individual counseling services, and group counseling services. Behavioral counseling services are very influential on students, especially those who have a high level of aggressive behavior.

Self-management techniques used in behavioral counseling services also have a significant effect. For example, students can organize or manage themselves when they are facing a problem with the environment. Self-management techniques have the goal of helping clients solve problems by emphasizing behavior change. In self-management there are psychological forces that provide direction for making decisions.

Suggestion

1. Suggestions for guidance and counseling teachers
Suggestions for guidance and counseling teachers have become the responsibility of school counselors to follow up on problems in the educational environment. Guidance and counseling teachers should always carry out procedures in

conducting the counseling process. Guidance and counseling teachers must always pay attention to the behavior of students so that no one engages in aggressive behavior or deviant behavior, even if someone saves the school counselor, they must quickly take follow-up actions.

2. For student
Students must be well aware that aggressive behavior can harm others and themselves. Students must be aware that behavioral counseling services can help suna students optimize student behavior.
3. For further research
Suggestions for researchers for further research that research should be open, and this research can be an example for the next platform.

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