

**THE ROLES OF INDIVIDUAL COUNSELING SERVICES WITH HOME WORK
ASSIGNMENT TECHNIQUES TO REDUCE GADGET USE BEHAVIOR OF
VOCATIONAL SCHOOL OF BINA PATRIA 1 SUKOHARJO IN 2020/2021 ACADEMIC
YEAR**

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ABSTRACT

Nuke Virgia Angela Rosi. THE ROLES OF INDIVIDUAL COUNSELING SERVICES WITH HOME WORK ASSIGNMENT TECHNIQUES TO REDUCE GADGET USE BEHAVIOR OF VOCATIONAL SCHOOL OF BINA PATRIA 1 SUKOHARJO IN 2020/2021 ACADEMIC YEAR. Essay. Surakarta: Faculty of Teacher Training and Education, Slamet Riyadi University, Surakarta. August. 2020.

The aim of the research is to find out how the role of individual counselling services using homework assessment techniques to reduce the behaviour of students using gadgets at SMK Bina Patria 1 Sukoharjo in the academic year 2020/2021.

This research was conducted at SMK Bina Patria 1 Sukoharjo for the academic year 2020/2021. This research is a descriptive qualitative research, data collection techniques in this study using interviews, observations, documentation and home visits. In this study, the subject was one of the students of SMK Bina Patria 1 Sukoharjo for the academic year 2020/2021. The validity of the data used in this study was the triangulation of sources and data. Qualitative data analysis is inductive, which is based on an analysis of the data obtained, then a relationship pattern is developed with the following steps: data reduction, data presentation, results or conclusion.

The results of this research is explain how the role of individual counselling services with homework assessment techniques to reduce the use of gadgets for students of SMK Bina Patria 1 Sukoharjo. From the results of individual counselling that was conducted for 4 (four) meetings, it was found that there was a change from the subject's self towards a better direction in excessive use of gadgets both at home, at school and in the community. It is hoped that participants can be responsible for themselves and the tasks given and realize that excessive use of gadgets will have a negative impact on their lives someday.

Keywords: Individual Counselling Service with homework assessment techniques, use of gadgets.

1. Preliminary

The times that occur in Indonesia itself, we can see that individuals are increasingly concerned with themselves, and social contacts between individuals are increasingly loose or less. Some people are cool with their own lives without caring about other individuals, as well as a lack of awareness of the surrounding environment. In community life, this will make something very threatening and make it possible for people or residents to feel fear and loneliness in social life, because basically humans are social creatures who need each other to survive. Individuals also need the help of others to communicate and interact well. It cannot be denied that the Indonesian nation is experiencing a very rapid technological development from previous years, not only among adolescents and adults but almost all individuals keep up with the times that have occurred in the Indonesian nation. We can see that in everyday life, children today or commonly called millennial children always use gadgets for their daily needs. Therefore, the educational pattern is needed to form a good personality and does not violate the norms that apply in society.

According to Ki Hajar Dewantara, education is the process of guiding all the natural forces that exist in children or students, so that they as humans and as members of society can achieve the highest safety and happiness. Of the number of students, class XII-2 of the Computer Network Engineering Department at SMK Bina Patria 1 Sukoharjo is 30 (Thirty) students, with problems in excessive use of gadgets both at school and at home, there are 15 (Fifteen) students who are not dependent with gadgets, and 14 (fourteen) students who are not too dependent on gadgets but sometimes play, and 1 (one) student who is highly dependent on gadgets even in one day these students may continue to use gadgets both at school, at home and outside the home The data were obtained from interviews with BK teachers at SMK Bina Patria1 Sukoharjo.

The symptom that should not occur among adolescents is that today's children tend to rely heavily on gadgets both at school and outside of school. Among vocational school children, gadgets are the main requirement in

communicating or socializing with peers. Based on the results of Novia Paramita's research entitled "Individual Rational Emotional Therapy Counseling with Home Work Assignment Techniques in Increasing Self-Confidence in Class VIII Students of Bandar Lampung Cultural Middle School 2017/2018 Academic Year" shows that many students at SMP Bandar Lampung are less confident, We can see that the self-confidence of students before obtaining individual counseling services, a rational emotive behavior therapy approach using home work assessment techniques, shows that there are some students who are less confident and less adaptable to the surrounding environment. But when treatment has been given, many students are more confident both cognitively and socially.

Based on the description above, it is necessary to conduct research with the title "The Role of Individual Counseling Services Using Home Work Assignment techniques to Reduce Gadget Usage Behavior of Bina Patria 1 Sukoharjo Vocational School Students, Academic Year 2020/2021".

2. Literature Review In this study

The literature review used is Theory of Individual Counseling Services, Home Work Assignment and Gadgets.

2.1. Theory About

Definition of Individual Counseling

According to Endang Switri (2019: 33), individual counseling services are guidance and counseling services that allow students to receive face-to-face services in order to discuss and alleviate problems. The aim is that students get direct service by a counselor or supervisor in order to discuss problems and alleviate problems experienced by clients.

2.2. Theory About

Definition of Home Work Assignment

According to Ariantje J. A. Sundah (2018: 138) suggests that the home work assignment technique is giving assignments or homework to clients who are less able to adapt to certain situations. For example, a client who likes to argue with their parents is given an assignment for one week so as not to argue when their parents scold them.

According to Gantina (2011: 225) suggests that the home work assignment technique is a technique that is carried out by giving home tasks to train client habits and internalizing the value system according to the expected behavior patterns. Based on the quote above, we can conclude that the home work assessment technique is a technique by giving

homework assignments to clients who have internal problems. This assignment aims so that the client can understand himself, reduce deviant behavior, and can eliminate irrational feelings in him.

2.3 Theory About

Understanding Gadgets

According to Manumpil, (2015: 1) "Gadgets are a technology tool that is currently developing rapidly which has special functions including" smartphones, iPhones and Blackberrys ". The development of this technology is also very popular among all circles, including teenagers, parents, adults and children.

According to Merriam, Webster argues that a gadget is "often small mechanical or electronic device with practical use but often though of as a novelty" means that a gadget is a mechanical or electronic device with practical use but is often recognized as something new. So it can be concluded that a gadget is a device or electronic that has practical purposes and functions, especially to help human work.

3. Research Methods

The research method in this study uses the method of interviewing, observation, and documentation.

3.1. Theory About

Definition of Interview

Menurut lexy J Moleong (2017:186) mengemukakan bahwa wawancara According to lexy J Moleong (2017: 186) suggests that interviews are a process of conversation carried out by two parties with a specific purpose. In this case the interviewer (interviewer) asks a question and interviewee (interviewee) who provides answers to the questions raised by the interviewer.

According to Gantina Komalasari, Eka Wahyuni and Karsih (2016: 43) suggest that interviewing is a data collection technique by means of deliberate, planned and systematic communication, face-to-face between the interviewer (interviewer) and the individual being interviewed (interviewee). So from the above understanding it can be concluded that the interview process of the conversation is carried out by two or more people, who face each other and ask each other a question which will be answered by the speakers.

3.2. Theory About

Definition of Observation

According to Sugiyono (2012: 145) suggests that observation is a data collection technique that has specific characteristics when compared to other techniques, namely interviews and questionnaires. If the interview and questionnaire relate to other people, then the observation is not limited to people, but to other natural objects.

According to Gantina Komalasari, Eka Wahyuni, Karsih (2011: 57) suggests that observation is a data collection technique that is carried out systematically and deliberately, through observation and recording of the symptoms to be investigated. As a non-test assessment technique.

3.3. Theory About

Definition of Documentation

According to Sugiyono (2017: 124) documentation is a record of events that have passed. These documents can be in the form of writings, pictures, transcripts, books, newspapers, or monumental works of a person. Documents in the form of writing, for example, diaries, life histories, biographies, regulations and policies.

Documents in the form of images, for example, photos, sketches and living drawings and so on. So the documents in this study are used to find data about things or variables in the form of notes, transcripts, books, newspapers, magazines, inscriptions, meeting minutes, lenger, pictures, sketch photos of someone whose events have passed and left behind information.

4. Results and Discussion

The results of this study are

4.1. Interview result

Based on research conducted by researchers with interviews, observation and documentation both with participants, parents, and friends or closest people. The data that has been collected is then analyzed and the conclusion is that the problem being faced by the participants is dependence on the use of gadgets both at school and at home, and almost every time the participants use gadgets.

From the use of these gadgets, participants showed symptoms of a lack of respect for time, more frequent silence in the room than playing, playing gadgets more often than studying, lack of attention from loved ones. When in their home environment, participants rarely play with neighbors or teenagers who are there, participants tend to be at home to play gadgets or just watch television. Because according to him in the environment he grew up did not get friends who matched him. Given that her parents are always busy with their respective jobs, she feels free to use excessive gadgets until late at night.

4.2. Observation Results (Home Visit)

From the results of observations, we found direct facts about the participants that when they were at home the participants rarely went out to play with their peers except when there were certain events. Unless there is an activity that requires participants to follow it, because basically when the participant in his home environment does not have a friend who suits him, sometimes the participant deliberately plays at his grandmother's place to meet his friends but not often just occasionally. Therefore, the time that participants have is often spent at home playing gadgets or playing social media because that is the only entertainment for participants.

Analyze the results of observations or observations made that find a relationship between theoretical studies and data findings from observations, namely that participants often use excessive gadgets almost all the time both at home and at school. Because they feel bored, do not have friends to chat and their parents are busy working, therefore the participants vent all boredom by playing gadgets and social media to entertain themselves.

4.3 Documentation Results

In collecting data, documentation is used to obtain data about participants in the form of photos or pictures, voice records, and written notes. In collecting data through photos or images obtained when conducting observations, interviews and counseling sessions with participants, of course before taking a photo the researcher asks permission first from the participants. The next data, voice recording, was obtained when conducting interviews and counseling sessions with participants or those closest to the participants who contributed to this study. For video data is not obtained because the participants feel disturbed or their motivation will be threatened when the video is recorded. And the last data obtained in the documentation, namely, written data such as biodata from participants who will complete the last data in the documentation. The documentation data that has been obtained will be used as evidence that he has carried out research.

5. Conclusions and Suggestions

A. Conclusion

Changes that occur in counselees due to individual counseling activities carried out by researchers can be concluded that the role of individual counseling can be used to overcome the problems of students who are less motivated to learn in taking online learning during the Covid-19 pandemic. Based on the data when researching and collecting data by making observations, interviews, documentation which then results of analysis by conducting individual counseling using home work assessment techniques to reduce the use of gadgets experienced by students of SMK Bina Patria 1 Sukoharjo with symptoms shown as follows: when in school students often use gadgets during learning hours, when at home students often stay silent at home just to play with gadgets, when playing outside the home students often carry gadgets, when gathering with the community or their friends, students are often cool with gadgets and feel anxious when gadgets are left behind at home. After being given individual counseling with the home work assessment technique for 4 (four) meetings, it was found that there were significant changes in students to reduce excessive use of gadgets in daily life both at home, school and in the community.

So the conclusion of this study is that individual counseling services with home work assessment techniques are very helpful in changing student negative behavior, especially in the excessive use of gadgets for students of SMK Bina Patria 1 Sukoharjo in the 2020/2021 school year.

B. Suggestions

Based on the above conclusions, the following things can be suggested:

1. For Students

- a. It is hoped that students can realize the mistakes that exist in themselves and reduce excessive use of gadgets in the long term.
- b. It is hoped that students can become better individuals and be responsible for themselves and be aware of their obligations as students.
- c. It is hoped that students will appreciate their time more and be able to socialize well.

2. For Counselor

- a. It is hoped that the teacher will always provide an understanding of the lack of attitude in excessive use of gadgets. Giving understanding itself can be in the form of socialization.
- b. Teachers should always pay attention to students in using gadgets in the classroom, so as not to interfere with the ongoing learning process.

3. For Parents

- a. It is hoped that parents will always equip their children with religious knowledge and introduce good deeds to form good character in children.
- b. It is hoped that parents will always pay attention to their children both in the school, home and community environment.
- c. It is hoped that parents will always limit their use of gadgets, so that something unwanted happens.

4. For Schools

- a. It is hoped that the school will always establish communication with parents of students, and always provide information on student development while in the school environment.
- b. It is expected that the
- c. school will always pay attention to students and always provide socialization about deviant attitudes.

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