

Effectiveness Counseling Group With *Self Control* Techniques For Reducing Students' Habits Of Being Late To Class X RPL School At SMK PGRI Enrekang

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Abstract

Problems in this study the habit of students being late to school. Various reasons given by student at SMK PGRI Enrekang when the are late for school such as getting up late, the motorbike chapter is flat or leaking, there are things that must be taken care of in the morning which are very important or the distance between home and school is very far. The research method used in this study is a quantitative method with a research design one group pretest-posttest, so that the study sample was 10 students. The result of this study indicate that there is a decrease that can seen from the results of the pre-test of the habit of students being late in student questionnaire, where the total score was 936 with an average sample of 93,6 in the category of height decreased in the results of the post test questionnaire with a total score 593 with an average sample of 59,3 in the currently category of study. These data show it is influence group caunseling's with the application of self control techniques to the habit of students being late X RPL student at SMK PGRI Enrekang.

Keywords: *Self Control Techniques, Students Tardiness, Counseling*

1. Introduction

Schools as formal educational institutions develop quite difficult tasks, including being a facilitator for students to develop their potential optimally. Students participate in learning activities at Schools cannot be separated from the various rules and regulations that are enforced in the school school, every student is required to behave in accordance with the rules and regulations that apply at school. Student compliance and compliance with various rules and regulations that apply in the school is usually called "disciplined".

Discipline is one aspect of the values of character education in Indonesia. Disciplined character can be a trigger for developing other good characters. If the character of discipline is not displayed in learning activities, there will be problems with the continuity of student learning at home. The problem that occurs when there is no discipline is disorder. This is because disciplined character is a character that is orderly and obedient to rules (1) .

Every student should be able to behave in a disciplined manner by having the awareness of obeying the rules and regulations in force school, so that later they behave well and do not commit deviations and violations. A form of student discipline towards school rules is arriving on time school. Student attendance at school on time is very important for the learning process because it supports student in absorbing knowledge during the learning process

One form of discipline that students must have is arriving on time school. Presence student Being on time when entering school is very important for the learning process, because it can support students in absorbing knowledge during the learning process. Each school has a

standard time that has been set for students can arrive on time. The time set by the school is a rule made for students to obey so as to create a good teaching and learning process in school (5).

Each school must have a set time standard so that students can arrive on time. The time set in School is a set of rules that are made for students to obey so that a good teaching and learning process is created school. From the results interview with a guidance teacher counseling at PGRI Enrekang Vocational School say that " The provisions that have been established by SMK PGRI Enrekang are that the school entry time is 7:30 WIB, if a student arrives at school later than the specified time, it means that the student is said to be late. Every day students carry out activities in accordance with these regulations, because students actually know and understand the main purpose of being there School is for learning and these routines help get students used to being able to focus on learning.

When students are repeatedly late, this routine will be disrupted and have an impact on their daily activities. Being late is not included in the category of serious violations, but is a form of violation that is often found in schools even though there is a schedule of teaching and learning activities prepared and determined by the school. Students who have a habit of being late to school tend to have difficulty adapting and mastering their routines as students at school.

This negative behavior is not carried out by all students, but there are some students who are used to arriving late school. The various reasons usually expressed by students who have the habit of coming to school late include; 1) the distance between school and home is long; 2) difficulties in transportation; 3) have activities at home; 4) not used to getting up early; 5) health problems; 6) lack of interest in certain subjects; 7) not making preparations including completing homework; 8) more interested in activities outside of school (Prayitno and Emran Amti 2013). Students who are often late for school sometimes show a kind of defiance. Some of the reasons above were also expressed by PGRI Enrekang Vocational School students who often arrived late school, such as waking up late in the morning, and obstacles on the way, for example a flat motorbike tire and helping parents go home first before going to school.

Students being late to school is a form of neglect discipline that can disrupt the academic process in schools especially in class. The results of research (2) show that being late to school has a positive relationship with students' low academic achievement. This shows that the more often students are late for school, the lower their academic performance. In addition, tardiness that often occurs in class can possibly spread to other students. Seeing various problems as a result of the actions of students who come to school late or are late for class, it requires handling efforts from the school, especially from guidance and counseling teachers . Guidance teacher counseling develop the potential and talents of students in accordance with the duties and norms of the guidance teacher counseling supported by the quality, personality and professional skills he has (4).

Based on results observation starting at SMK PGRI Enrekang researcher do interview with a guidance teacher counseling at PGRI Enrekang Vocational School related with habit student late to school . as a guidance teacher counseling at PGRI Enrekang Vocational School say that habit student late to school difficult overcome Because Already become habit for they especially distance students House from school far apart like in class X majoring in RPL (engineering device soft) based on observation researchers and interviews with a guidance teacher counseling class X RPL is class whose students are often late to school matter is

strengthened with exists interviews and evidence notes from the guidance teacher counseling , One of the BK teachers we interviewed say that students who are late to school usually given punishment form studying and cleaning environment school . As for consequence for frequent students do habit late to school that is do it notification , send letter calling to parents students and if student the Not yet change his habit after exists notifications and letters calling to parents so student the will facing to head school For given action furthermore .

Guidance teacher Counseling with various services provided to students aims to help and form independent students who have the ability to manage themselves better so that later they can produce the desired results. One of the appropriate services is provided to students who are often late in coming to school school is group counseling using a behavioral approach with *self-control techniques* . The behaviorist approach or often also called the behavioral approach focuses on the cognitive aspects of individuals with a variety of techniques, focusing on helping determine the right steps to change a person's behavior (6). Self -control or self-control techniques are deemed suitable for dealing with students' habit of being late school, because of the habit of being late to School is a behavior caused by a lack of self-control, students who have a habit of coming late to school schools will find it difficult to control their habits if they are not followed up.

Based on the regulations In short , researchers feel the need to conduct research on effectiveness counseling group with *Self-control* techniques to reduce students ' habit of being late school class X RPL at SMK PGRI Enrekang . There are many techniques to reduce the habit of students coming late to school, but in this research the focus will be on effectiveness . counseling group with Self - control techniques through group counseling with a behavioral approach. This research focuses on Effectiveness counseling group with *self-control* techniques and to determine the effectiveness of counseling group with Self -control techniques to reduce students ' habit of being late school at SMK PGRI Enrekang.

2. Methodology

The research method used is the experimental method . *The one group pretest-posttest* research design is used to determine the effect of *certain* treatments given to students in one group. In the form of *a one group pretest-posttest* design, there is *a pre-test* (initial evaluation) before treatment is given *and a post-test* (result evaluation) after *treatment is given* .

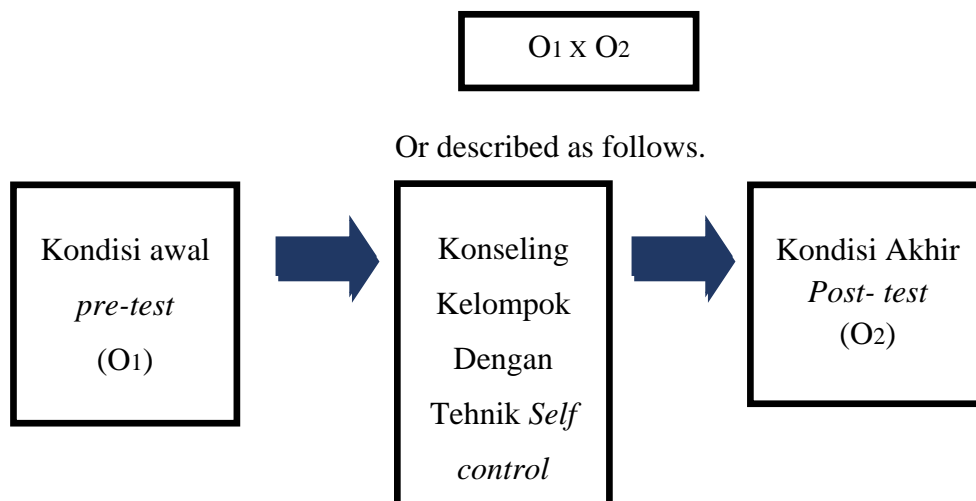


Figure 3.1 One-g group pattern pretest-posttest design

Information:

O1: *Pre - test score*

X: Counseling Group with self -*control* techniques

O2: *Post - test score*

Excess from design study This namely by giving a *pre - test* before the treatment, and a *post - test* after the treatment, this will show the effectiveness of self -*control* techniques in students who experience the habit of being late to class. school before and after being given treatment.

The research design that will be used in this research is as follows:

1. *Pre-test* stage

The purpose of holding a *pre-test* in this research is to carry out measurements on the research sample before being given treatment in the form of applying self -*control* techniques

2. *Description of treatment*

Treatment is given through the application of self -*control* techniques with group counseling services to overcome students' habit of being late school. The provision of services is carried out in 4 meetings to maximize the achievement of activity objectives.

3. *Post -test* stage

Give a *post -test* to students who have been given treatment, namely the application of self -*control* techniques . Here are the steps for providing services.

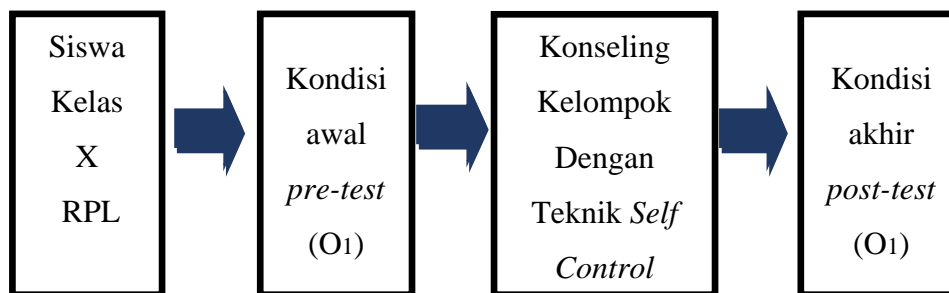


Figure 3.2 Steps for Giving Service

3. Results and Discussion

3.1 Results

1. Description Habit Student Late To Class X RPL School Before Given Service Counseling Group

Based on observation beginning at SMK PGRI Enrekang , researcher get a number of student Class X RPL is coming late to school . Researchers have also interviewed one of the guidance teachers counseling at PGRI Enrekang Vocational School namely Mr. IG (initials) who said that habit student class X RPL is late to school difficult overcome Because Already become habit for them , let alone for distance students between House to school very far apart . As for the reasons stated frequent students late come to school when facing the guidance teacher counseling like late get up morning , yes constraint in journey namely a flat motorbike tire, and helping parents at home before leave to school , as well distance too home Far to school .

For know level habit student class X RPL is late to school , researcher will spread questionnaire to sample as many as 10 students class X RPL at SMK PGRI Enrekang on the day Tuesday , 09 May 2023 in the Laboratory Computer 1 SMK PGRI Enrekang.

Table 4. 2 Pre-Test Results Questionnaire Habit Late Class X RPL students

No	Respondent	Total	Category
01	J	112	Very high
02	US	81	Tall
03	A A	76	Tall
04	NAB	88	Tall
05	R1	84	Tall
06	R2	110	Very high
07	R S	90	Tall
08	S 1	89	Tall
09	S2	113	Very high
10	S3	90	Tall
Amount		936	
Average		93.6	Tall

It can be seen in the *pretest results table* above that there are 3 students in the high category and 7 students in the very high category. Overall, with a total score of 936 with a sample average of 93.6, it is in the high category.

2. Description Habit Student Late to School class X RPL After Given Service Counseling

Forknow exists changes that occur after implemented it technique *self-control* For overcome habit student late to school researcher do evaluation to existing behavior apply client with check the attendance list all client in the eye lesson first in the room guidance counseling and also interviewed one of the guidance teachers counseling with the initials IG. On absence daily students, proven If all client has present in the first hour and p this was strengthened with results interview by guidance teacher counseling that 10 students became client has present appropriate time at school. After the counselor became aware of changes in the counseling services provided to clients, the researcher stopped the counseling services and provided a final evaluation. *The post-test* was given on Friday, June 9 2023 in class X RPL at SMK PGRI Enrekang. Here are the results questionnaire *post-test* habits student late to school:

Table 4. 7 Post - Test Results Questionnaire Habit Late Class X RPL students

No	Respondent	Total	Category
01	J	58	Currently
02	US	62	Currently
03	A A	56	Currently
04	NAB	47	Low
05	R1	61	Currently
06	R2	57	Currently
07	R S	62	Currently
08	S 1	71	Currently
09	S2	50	Low
10	S3	69	Currently
Amount		593	
Average		59.3	Currently

post - test results table above that there are 2 students in the low category and 8 students in the medium category. Overall, with a total score of 593 with a sample average of 59.3, it is in the medium category. From the results of the *post-test questionnaire* above, we can see that there is a decrease in the level of habits student late to school after implementing *self- control techniques* for class X RPL students at SMK PGRI Enrekang for four meetings.

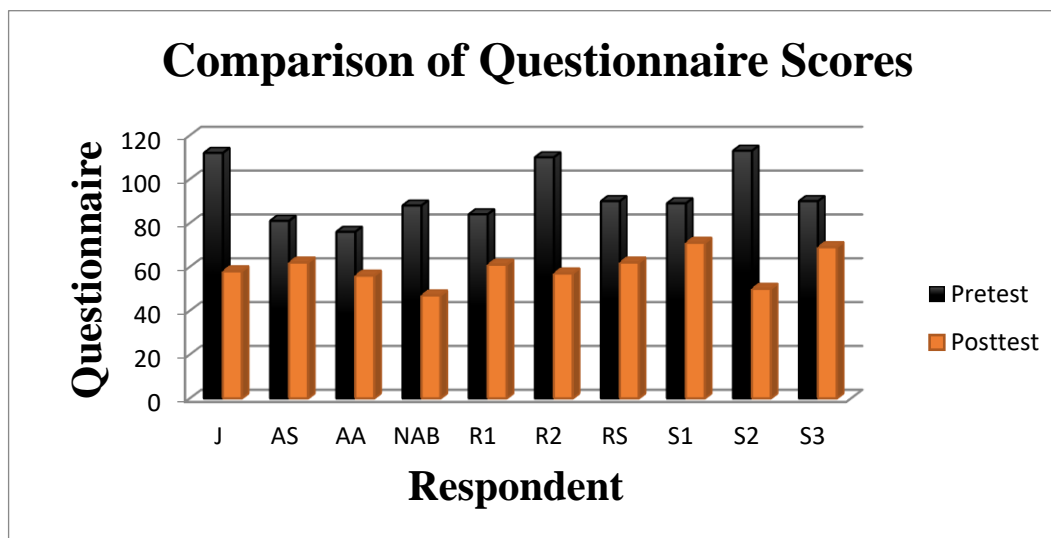
3. Pre - test and Post - test questionnaire scores

Table 4. 9 Comparison of Results Questionnaire Pre-Test and Post-Test Habit Late Class X RPL Students at SMK PGRI Enrekang

No	Respondent	Pre-test results		Post-test results		Ascension Score
		Score	Category	Score	Category	
1	J	112	Very Tall	58	Currently	Down 54

2	US	8 1	Tall	62	Current ly	Down 19
3	A A	7 6	Tall	56	Current ly	Down 20
4	NAB	8 8	Tall	47	Low	Down 41
5	R1	8 4	Height	61	Mediu m	Down 23
6	R2	1 1 0	Very high	57	Mediu m	Down 53
7	RS	9 0	Height	62	Mediu m	Down 28
8	S 1	8 9	Height	71	Mediu m	Down 18
9	S2	1 1 3	Very high	50	Low	Down 63
1 0	S3	9 0	Height	69	Mediu m	Down 21
Amount		9 3 6	Height	59 3	Mediu m	340
Average		9 3 , 6		59, 3		34

From the table above, the comparison between *pre-test scores* and *post-test scores* can be explained . The *pre-test* score was 936 with an average of 93.6 in the high category. After being provided with counseling services As many as 4 meetings provided material regarding different disciplines at each meeting, there was a decrease in scores on *the post-test* . The *post-test* score was 593 with an average of 59.3 in the medium category . It can be concluded that the difference in scores is 340 with an average of 34 , which means that the application of *self-control techniques* can reduce habit student class X RPL is late to school at SMK PGRI Enrekang. Comparison between *pre-test scores* and *post-test* scores habit late student in the experimental group can be seen in detail in the following diagram.



**Figure 4.1 Comparison of *Pre-Test* and *Post-Test* Results
 Habit Class X RPL Students are Late To School at SMK PGRI Enrekang**

Based on the graph above, the results of providing group counseling services can be seen with *self-control* techniques can reduce habit student late to school and the data above shows a significant decrease from the *pre-test score* to the *post-test score* of each student.

3.2 Discussion

This research is based on behind by some students class X RPL which has habit often come late to school at PGRI Enrekang Vocational School. On research this , researcher take sample as many as 10 students in class X RPL at SMK PGRI Enrekang were determined use technique *purposive sampling* or with criteria own habit often late to school . A number of their reasons mention when late to school that is distance between home and school far apart , too late wake up , and experience constraint in journey like a flat motorbike tire , no own vehicle personal , no used to get up morning , no like eye lesson in the first hour . From the results interview with a guidance teacher counseling at PGRI Enrekang Vocational School say that " The provisions that have been established by SMK PGRI Enrekang are that the school entry time is 7:30 WIB, if a student arrives at school later than the specified time, it means that the student is said to be late.

For reduce behavior negative the researcher will apply technique *self-control* . *Self-control* or self-control techniques are deemed suitable for dealing with students' habit of being late to school , because of the habit of being late School is a behavior caused by a lack of self-control, students who have a habit of coming late to school schools will find it difficult to control their habits if they are not followed up. The importance of *self-control* for teenagers means that a person is able to control themselves when giving a certain response. *Self-control* plays an important role in determining and directing individual behavior related to individuals with a positive self-concept so that they do not bring good negative influence For self Alone nor for other people.

Before researcher apply technique *self-control* , especially formerly researcher will share questionnaire *prê -test* or give evaluation beginning to sample as many as 10 students to be

researchers can know level and category habit late student . Filling out the first questionnaire or *pre-test questionnaire* (initial evaluation) was carried out on Tuesday , 09 May 2023 at the Laboratory Computer 1 of PGRI Enrekang Vocational School. From the results of the questionnaire *pretest* there were 3 students in the high category and 7 students in the very high category. Overall, with a total score of 936 with a sample average of 93.6, it is in the high category. After researchers know that habit late student are in the category high , next researcher will apply technique *self-control* 4 meetings For help student overcome habit student late come to school .

The first meeting was held on Monday , May 15 2023 in class X RPL at SMK PGRI Enrekang, where the researcher provided material about understanding late , impact late and tips on how not to late come to school . The second meeting was held on Monday , May 22 2023 at the Laboratory Computer 1 Vocational School PGRI Enrekang, where researchers provide material about understanding discipline self , purpose discipline self , meaning discipline yourself , and tips to improve self - discipline . The third meeting was held on Thursday , 25 May 2023 in class X RPL at SMK PGRI Enrekang, where researchers provide material about characteristic features discipline , factors reason behavior No discipline , benefits behavior discipline and impact from behavior discipline . The fourth meeting was held on Monday , 29 May 2023 in class X RPL at SMK PGRI Enrekang, where researchers provide material about importance obey the rules school.

At the meeting first and second researcher focus For reveal problems experienced respondents with request all respondents in a way alternate describe habit late are they do or things that make they come late to school . At the meeting third , researchers together with all respondents determine behavior new ones will applied respondents in life appropriate every day with hope they For change habit it's late the . After the change behavior Already determined , researcher request all respondents For implement it with consistent . At the meeting fourth researcher give strengthening to change behavior with invite respondents For create a life motto with theme control self so that can direct self to the positive third . With there is this motto it is hoped that respondents own encouragement For motivating himself so that can think before Act.

For know exists changes that occur after implemented it technique *self-control* For reduce habit student late to school class X RPL researcher do evaluation to existing behavior apply respondents with check the attendance list all respondents in the eyes lesson first in the guidance and counseling room and also interviewing one of the guidance teachers counseling with the initials IG. On absence daily students , proven If all respondents has present in the first hour and p this was strengthened with results interview by guidance teacher counseling that 10 students became respondents has present appropriate time at school . After the counselor became aware of changes in the counseling services provided to respondents, the researcher stopped the counseling services and provided a final evaluation. *The post-test* was given on Tuesday , June 6 2023 in class X RPL at SMK PGRI Enrekang. *The post - test* results show that there are 2 students in the low category and 8 students in the medium category . Overall, with a total score of 593 with a sample average of 59.3, it is in the medium category . As for difference or difference a score of 340 with an average of 34.

There is four test requirements analysis of the data used researchers , namely normality test , homogeneity test , hypothesis test , and N-Gain test. From the results of the requirements

test analysis the show sufficient results significant . Questionnaire used in The research has also been tested validity and *reliability* the data so questionnaire data is used can entrusted the truth . From the results usji condition analysis the Already Can answer results from study This that is the null hypothesis is rejected and the alternative hypothesis is accepted . It means There is decline habit student late to school after implemented it technique *self control* in students class x rpl at SMK PGRI Enrekang.

4. Conclusion

The conclusions from this research are as follows:

- a. Description habit student late to school before giving service counseling group with category tall where in the results *pre-test* there are 3 students with category high and 7 students with category very tall . By whole with amount score as many as 936 with a sample average of 93.6 in the category tall .
- b. Effectiveness counseling group with this technique k *self-control* in reducing students' habits of being late to school class X RPL at SMK PGRI Enrekang done as many as 4 meetings on the results score questionnaire . Score results *pre-test* questionnaire (evaluation initial) is where the score was 936 with the sample average of 93.6 is in the high category . after giving service counseling 4 meetings experience decline level habit late students who can look at the results questionnaire *post-test* (evaluation end) where a score of 593 with a sample average of 59.3 is in the medium category . As for difference or difference a score of 340 with an average of 34. From the results questionnaire the Already Can answer results from study This that is the null hypothesis is rejected and the alternative hypothesis is accepted . It means There is decline habit student late to school after implemented it technique *self control* in students class X RPL at SMK PGRI Enrekang.

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