The development of counseling services assisted by the application of go couns to develop self-esteem in junior high schools throughout semarang

by Edy Purwanto

The Development Of Counseling Services Assisted By The Application Of Go Couns To Develop Self-Esteem In Junior High Schools Throughout Semarang

Tri Leksono Prihandoko, Mungin Eddy Wibowo, Wahyu Hardyanto, Edy Purwanto

Abstract— This research aims to develop a counseling service model assisted by go couns application in Semarang Junior High Schools. This research was conducted using the Research and Development (R&D) approach, this approach was chosen to be able to meet the research objectives, namely to get the development of counseling services aided by the application of go couns to develop self-esteem in junior high schools in Semarang. Data collection uses a self-esteem scale instrument. Based on the findings in this study, it can be concluded that counseling so far has some frequency limitations between counselor and counselee due to limited time so that it is expected that through this application can help and solutions in handling counseling services in schools.

Index Terms— Counseling Service, Application Go Couns, Self-Esteem

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1 INTRODUCTION

THE The very rapid development of information technology in the 21st century has penetrated into all fields of human life from social, political, defense, security, government, religious, as well as education, this facilitates most of the activities carried out by humans with the facilities provided in information technology such as long distance contact, buying and selling online, ordering tickets (commonly referred to as online marketing), also in terms of learning and counseling. Technology refers to modernity in other words, technology offers people more opportunities to upgrade all types of lifestyles (Herman, 2008 and Rosana, 2016). Research conducted by Sundar (2013) found that social media hinted at the level of self-esteem of the account owner. The results of his research show that social media users with various activities in cyberspace show an accurate picture of themselves. Social media users with low self-esteem tend to worry about what other people post about them on social media, they will spend more time on social media by monitoring content, removing posts that get negative responses from others. Research conducted by Forest and Wood (2012) on "When social networking is not working: Individuals with low self-esteem recognize but don't reap the benefits of self-disclosure on Facebook", involved 177 Facebook users by considering posting on wallupdate status. Research shows that individuals with low self-esteem reveal more things that are less positive and reveal more negative things compared to individuals with high self-esteem. Individuals with low self-esteem tend to express more sadness, anger, frustration, anxiety, fear, irritability, feeling unhappy, and feeling less grateful in their posts than individuals with high self-esteem. Based on the above studies,

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- Tri Leksono Prihandoko, Universitas IKIP Veteran Semarang & Universitas Negeri Semarang, Indonesia. E-mail: kokok_abkin@yahoo.co.id
- Mungin Eddy Wibowo, Universitas Negeri Semarang, Indonesia
- Wahyu Hardyanto, Universitas Negeri Semarang, Indonesia
- Edy Purwanto, Universitas Negeri Semarang, Indonesia

it can be seen that self-disclosure to the media or social networks is inseparable from individual self-esteem. Velasco (2013) states that self-esteem is one dimension that can influence online self-disclosure. This is caused by the difference between individuals with high and low self esteem. The most prominent is when in the public, individuals with low self-esteem are not very easy to express themselves using technology to mediate interpersonal interactions provides opportunities for individuals with low self-esteem to protect yourself from negative feedback. Research by Srisayeksi and Setiady (2015) The results of this study indicate that the threat to self-esteem is followed by increased prejudice and stereotyping, which is raised in the form of behavior, so that this research can be developed for further researchers, namely: Development of assessment tools through various techniques, for example observation and interview techniques in order to recognize conditions that are expected to reduce one's self-esteem and develop interventions to develop positive self-esteem self-esteem and maintain positive self-esteem. In the field of education, the need for a concept, teaching and learning mechanism and IT-based guidance and counseling services are inevitable. One of them is online counseling, this is quite effective if the problems faced require immediate to be eradicated while there is no opportunity or constrained distance to be able to do face to face, online counseling makes alternative alleviation of problems (Ifdil, 2013). The use of information technology, including the provision of inexpensive facilities, the seriousness of the counselee in counseling is uncertain, the information received by the counselor is limited, the neglect of emotional factors, and allows for the emergence of distance between the counselee and counselor both physically and psychologically. The code of ethics that applies in the guidance and counseling profession must be observed by the counselor not to happen things that are not desirable (Nakhma'ussolikhah, 2017). Technology has contributed many conveniences as well as new ways of doing daily activities (Ngafifi, 2014). Changes and rapid progress of the rate of development of the times from time to time which has given birth to a lot of super sophisticated technology that has been spread in all directions through various media as a liaison information on the progress of these developments. But the sophistication or progress that

raises new things from the patterns of behavior and variety of human thought. Bastemur, S., and Bastemur, E., (2015) stated that the growth in the use of technology will create opportunities for counselors to provide online counseling as an alternative to traditional assistance, the development of university-based cyber counseling certificate programs through the continuing education department of social work faculty graduates, offer experienced face-to-face counseling training in the form of e-mail, cyber counseling and this is very much needed in the future. With a counseling service approach, making a counselor will understand and know clearly, the problems faced by students. Today's development of the role of counselors is also demanded to be able and able to dominate the world of science and technology in order to facilitate the provision of services as well as material, here is the role of technology in counseling. Distance and time are not barriers to communication, and cyber counseling. counselor starts using media that is able to support the needs of the counselee. The counseling service assisted by Go Couns application is designed for guidance and counseling services, especially related to problems faced by students. Of course, implementing the electronic-based counseling service requires good planning and management. The application of go couns in the counseling service process requires preparation between infrastructure, the quality of human resources, funding, materials, management systems and that is not less important is the acceptability of both managers and users.

2 METHOD AND DISCUSSION

This research was conducted using the Research and Development (R & D) approach, this approach was chosen to be able to meet the research objectives, namely to get the development of counseling services aided by the application of go couns to develop self-esteem in junior high schools in Semarang. Borg and Gall (1983) explains that: Research and development is an industry-based development model in which the findings of research are used to design new products and procedures, which then are systematically field-tested, evaluated, and refined until they meet specified criteria of effectiveness, quality, or similar standards. The instrument used in this study to measure students' self-esteem was compiled by Rosenberg in 1965, namely the self-esteem scale which describes self-eteem itself in statement items using a Likert scale with four criteria. The instrument validity test results state that the item passed the validation test with an alpha coefficient. This type of research is research (R&D). Borg and Gall explained that research and development is an industry-based development model where research findings are used to design new procedures and products, which are then systematically field tested, evaluated, and refined until the product meets certain criteria of the same effectiveness, quality, or standard conceptually, the research and development approach includes 10 general steps (Borg and Gall, 1983) including:

1. The first step, research and information collecting this step is the study of literature relating to the problem being studied, field observations, and preparation to formulate a research framework. After the information can be shown factually, it then collects information that is used as material to compile the product. Hopefully the product can be used as a solution to the problem.

2. Second step, of planning this step is to formulate skills and expertise related to the problem, determine the objectives to be achieved at each stage, and if possible or necessary to carry out a feasibility study on a limited basis.

3. Third step develop prelimenary form of product Develop the initial form of the product the consulting service will produce included in this stage are the preparation of supporting components, preparing guidelines and manuals and evaluating the feasibility of supporting tools, the final results of research and development activities are in the form of new product designs, complete with specifications. The design of this method is still hypothetical, meaning that its effectiveness has not been proven and will be known after conducting tests.

4. Fourth step preliminary field testing Included in this stage is to conduct initial field trials on a limited scale. In this study carried out through design validation. Design validation is a process of activities to assess whether the product design, rationally will be more effective than the old model or not. Product validation can be done by presenting several experts or experienced experts to assess the new product that is designed/often also referred to as model readability. Each expert is asked to rate the product, so that its strengths and weaknesses can be identified.

5. Step five play product revision After the product design has been validated through discussion with experts and practitioners, weaknesses will be identified. These weaknesses are then tried to be reduced by improving the design.

6. The sixth step is playing the main field testing with the aim of getting information whether the new product is more effective and efficient than the old product. The results obtained from this trial in the form of an evaluation of the achievement of the trial results were compared with the control group. In general, this step uses an experimental research design.

7. The seventh step operational product revision make improvements or improvements to the results of wider trials.

8. Step eight operational field testing the purpose of this step is to determine whether a product that is developed is truly ready for use in the field without having to be briefed or accompanied by researchers / product developers.

9. The ninth step final revision products make final improvements to products that are developed to produce the final product (final).

10. The tenth step of dissemination and implementation of the final stages of research and development is to disseminate products that are developed to the public or the wider community, especially in the education arena. The main step in this phase is to communicate and disseminate product findings, both in the form of research seminars, publications in journals, and stakeholder exposures related to research findings.

From the data the researchers found that the Junior High Schools in Semarang need a model of consulting services to improve students' academic hardiness. Low self-esteem can have a bad impact on students themselves. This need is

shown from the results of observations and interviews with school counselors in junior high schools in the city of semarang agree that it requires the development of a counseling service model aided by the application of go couns to develop student self-esteem. Therefore, the results achieved in this study are the existence of products in the form of counseling services assisted by the application of go couns to develop students' self-esteem. The product of this research did not reach the stage of dissemination and implementation, but only to the operational product revision (product revision) through a limited effectiveness test phase. Furthermore, to measure the effectiveness of individual counseling service models assisted by the application of go couns to develop self-esteem in SMPs in the City of Semarang, the design used by researchers is the pretest-posttest control group design. In this design there are two groups. Initial evaluation in the first group (experiments) was carried out before treatment was given and final evaluation after giving treatment to students. While in the control group no treatments were given but they were still given a pretest and post-test. The treatment in question is an effort made by the counselor to develop student self-esteem after consulting with the school counselor. In this study, researchers took research samples from junior high school students throughout Semarang City. Determination of the sample for counselors who most often hold counseling in schools. The counselor will be given counseling services assisted by the application of go couns to develop student self-esteem. Furthermore, the determination of student samples is based on the results of the acquisition of instruments (scale) which is a pre-test or initial evaluation given to junior high school students in the City of Semarang. Semarang to find out the results of self-esteem levels of students in junior high schools throughout the City of Semarang and to find out students with the acquisition of results from psychological scale instruments that are below average or low. Classes with the most students having low levels of self-esteem are taken.

3 CONCLUSION

Based on the findings in this study, it can be concluded that counseling so far has some frequency limitations between counselor and counselee due to limited time so that it is expected that through this application can help and solutions in handling counseling services in schools.

This study provides advice to related parties, including (1) Guidance and Counseling Teachers, this study provides additional knowledge to apply counseling assisted with go couns application in dealing with low self-esteem students, because it is equipped with procedures (2) The results of this study can be used as a material for consideration and reference for further research to refine various existing limitations, then it is advisable to develop into other schools and follow-up actions or follow-up in monitoring the impact of using applications in counseling.

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