Counseling Services with A Behavioral Approach To Student Moral and Ethics Instrument at SDN 1 Tembilahan City

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Abstract

Instilling morals and ethics in students is important to do so that they develop optimally. Instilling morals and ethics can be done in various ways, one of which is by providing guidance and counseling services with a behavior approach . The purpose of this study was to find out the methods used by counseling with the Behavioral approach in instilling morals and ethics in students. The method used is descriptive qualitative. The subjects of this study were teachers and students at SDN 1 Tembilahan City. Data collection techniques by observing, interviewing and documentation. Data analysis techniques use the presentation, reduction and verification of data. The results of this study are the inculcation of morals and ethics through counseling services with a Behavioral approach by introducing and teaching mutual assistance between others, teaching how to control emotions, and providing habituation to comply with existing rules at school.

Keywords – Ethics; Morals; Counseling Guidance

1.   Introduction

Education is a step used to develop, teach, impart knowledge to someone. Education is obtained from someone who has more adequate knowledge. Education is carried out both formally and non-formally (Tri Sayekti, 2016) . In non-formal education it is not carried out within the scope of the school and anyone who becomes an educator can be. While formal education is an education that is obtained from an educator and its implementation takes place in the school environment. Someone who is studying is called a student

Students will get to know a new environment when taking formal education at school. They will interact with each other from one student to another. Interaction activities for students will be carried out as long as they follow the learning process. The nature of one student to another must have a difference. In this case they will learn how to overcome differences in attitudes or behavior shown by their friends.

The condition of not wanting to give in to each other when they have different opinions about something often occurs among students (Nashruddin, 2020) . Many students are unable to respect their friends because they have different opinions from themselves (Rufaedah, 2019) . The majority of students lack manners when talking to their friends and even their teachers (Fauziddin & Mufarizuddin, 2018) . As well as students who lack empathy for others. This was shown when a friend fell, they laughed at him but didn't help him (Hutagalung & Ferinia, 2021) .

The incidents above were considered understandable by the students. They think that what they are doing is not hurting anyone. This often happens due to a lack of instilling morals and ethics in students. Instilling morals and ethics needs to be instilled in students. With the aim that they have a sense of empathy, as well as courtesy in behaving. Instilling morals and ethics in students can be done in various ways, one of which is by providing counseling services for students. Counseling services aim to make students understand what they should

do when they experience this incident, find out whether the way they are doing is wrong or right (Nashruddin, 2020) .

Nurfifah said that providing counseling to students can be an alternative in instilling morals and ethics in students (Jempa, 2017) . Alawiyah explained the results of her research that instilling morals and ethics in students can use counseling services. In this case children will be assisted to solve various problems they experience (Andriani, 2021) . Rahmat believes that students who have problems in their lives related to moral values can be reduced or followed up by using counseling services. In counseling services it is carried out by teachers who know more about the character of their students (Ridhani, 2020) . As well as Sari explained that counseling services in schools can be used as an alternative in reducing student problems as well as a method for inculcating moral ethics in students (Habsoh, 2018) .

In the behavioral concept, behavior is the result of learning, so it can be changed by manipulating and creating learning conditions. Basically, the counseling process is a structuring process or learning experience to help individuals change their behavior in order to solve problems. Learning is a process of changing behavior caused by experience. change Children who feel reluctant to violate the rules are the result of learning children who have learned to know the consequences of violating because they can harm themselves and others. This reaction can be obtained unconsciously or consciously and can also be obtained from learning outcomes. Based on the various understandings that have been stated above, it can be concluded that the behavioral counseling approach is an approach in counseling that is given to students so that they are able to learn to change problematic behavior to be in accordance with applicable norms and rules. Newly developing individuals begin to realize that everyone must adjust to be accepted in social groups (Laia, 2018).

Various problems that are currently happening to students make researchers want to review more deeply about how counseling services can be used in instilling moral education and teaching ethics to students. Therefore the

researcher raised a title "Counseling Guidance Services With a Behavioral Approach to the Moral and Ethical Planting of Students " .

2.   Method

This study used a descriptive qualitative approach, where in this study the aims were to find and understand the object under study in depth. The type of data obtained in this study is not in the form of numbers and statistical calculations, but in the form of ideas and information about the object under study (Rukajat, 2018) . Data collection techniques in this study were carried out by means of interviews, observations and document studies (documentary studies) which were carried out between one another to complement each other (Sukmadinata, 2008) . The research obtained data sources from observation notes and interview notes, and documentation. The data here is in the form of interview scripts, photos, personal documents and other documents that are narrative in nature (Rukajat, 2018) . Location and time of the research conducted at SD N 1 Tembilahan Kota, on 19 February 2023 involving teachers and students. Data analysis used in this study is Data Reduction (summarizing data), Data Presentation (making brief descriptions), and Data Verification (drawing conclusions) (Sugiyono, 2016) . Checking the validity of the data used in this study is the Data Source Triangulation technique (comparing data obtained from different sources but the same technique) and Method Tiangulation (testing the credibility of the data by checking on the same data source and different techniques) (Sugiyono, 2016)

3.   Result and Discussion

The results obtained by researchers are related to Counseling Guidance Services with a Behavioral Approach to the Inculcation of Student Morals and Ethics .

Moral Cultivation

Moral cultivation in early childhood is a development that regulates how a child's attitude towards people, how he empathizes with people, the language spoken by children, courtesy to older people and everything related to good behavior (Fahimah, 2014) . Moral development is always related to behavior issued by children in relation to other people. Moral development will develop optimally with the full support of the family (Nurhayati et al., 2022) .

Morals (morals) have always been the main target of the educational process in Islam, because morals (morals) are considered the basis for the balance of human life which determines the success of other pedagogical potentials. The principle of morality (moral) consists of four things, namely: Wisdom is a psychological situation in which a person can distinguish between right and wrong things. Syajaah (truth) is a psychic state in which a person vents or holds back the potential of emotional aspects under the control of reason. Iffah (chastity) is controlling the potentiality of appetite or desire under the control of reason and Shari'a. 'Adl (justice) is a psychological situation that regulates the level of emotion and desire according to the needs of wisdom when releasing or venting it (Kusumastuti, 2020) .

Moral inculcation can be increased by the family in the following ways: first through fitness learning where parents will develop morale through recognition of the functions of their limbs. Taking care of the limbs and maximizing their function helps children appreciate what is inside them. Second, learning through children's intelligence, parents can do a lot that can develop children's intelligence. One way that can be done is to help children explore and discover the potential that exists within them. This can be done by accompanying the child's learning process and other children's activities. Third, natural learning, children's emotions, in this case parents will develop children by setting an example in maintaining the beauty of nature, keeping children's emotions healthy with a conducive family environment. Fourth, early religious learning can be done by involving children in various things related to religion, such as worship and

other positive activities. The fifth relates to social morals, in this case parents will provide learning to children by providing examples of interacting with others, being polite to older people (Fadlan, 2019) .

Moral Education is optimizing Islamic Religious Education (PAI). The role of religious education, especially Islamic religious education, is very strategic in realizing the moral development of children, especially early childhood (Ananda, 2017) . Religious education is a means of transforming knowledge in the religious aspect (cognitive aspect), as a means of transforming norms and moral values to shape attitudes (affective aspect), which plays a role in controlling behavior (psychomotor aspect) so as to create a complete human personality (Billah, 2016) . Islamic Religious Education is expected to be able to produce human beings who are always trying to perfect their faith, piety, and noble character, noble character includes ethics, character, or morals as an embodiment of education (Sulaiman et al., 2019) .

Cultivating Ethics

Humans are social creatures, where everything they do requires the help of other people so that they will automatically interact with other people. Communication can be done with oneself (intrapersonal interaction), communication with other people directly (intrapersonal interaction), communication with social groups (social interaction), and communicating with the wider community (mass interaction). So that humans always communicate with other people (Joko Susanto, 2020) .

Interacting with other people needs to pay attention to ethics or manners. Ethics is " ethics is the branch of philosophy that is concerned with what is morally good on bad, right and wrong, a synonym for it is moral philosophy ." The meaning of ethics is a branch of philosophy that deals with good and bad behavior, right and wrong, related to moral philosophy (Muslimah, 2016) . Ethics in Greek (ethos) which means habits, customs, and behavior. Its meaning is as a benchmark in measuring a person's good and bad habits in behaving and habits of moral

behavior. Meanwhile, ethics in Arabic is called morals and examples that were exemplified by the Apostle to mankind (Andriani, 2021) .

Communication with other people also has principles that have been contained in the Qur'an, namely the first communication that is carried out has the same direction of discussion. The two communications carried out contained a message that was meaningful and not long-winded in its delivery, using words that were appropriate, kind and conveyed gently (Wijaya, 2015) . Another principle in speaking to other people is qaulan karima (ordering everyone to do good to their parents), q aulan ma'rufa (using gentle words and not offending other people), qaulan maesura (speaking gently accompanied by promises that soothe the heart), qaulan baligha (interact by giving advice that hits the soul), qaulan layyina (communication by choosing interesting vocabulary), qaulan sadida (saying and behaving well to everyone without discriminating) (Ismatullah, 2017) .

There are several communication etiquettes in the Qur'an when talking to the Prophet Muhammad, namely first, it is forbidden to raise your voice when talking to the apostle, always be filled with politeness and respect by lowering your voice to the apostle, it is not permissible to call the Prophet's name by shouting from outside his room because he is labeled as a person who does not know manners, is always critical and selective about news that is just heard, does not immediately believe in new news but must be investigated first (Fahimah, 2014) .

Guidance Counseling Services

Counseling guidance is related to the process of providing assistance to others which is carried out in various ways such as listening, understanding, and providing solutions to people who consult (Nashruddin, 2020) . The guidance and counseling process is carried out by applying various applicable rules, namely first assume that all those who carry out the consultation are the same without discriminating. Both each person has the same right to develop the potential in him. The three humans have the opportunity to argue and make decisions. The

four counselors serve patients in a professional manner, such as maintaining confidentiality and being fair. The five professional attitudes need to be upheld by the counselor in carrying out guidance. Sixth, provide a service needed by the counselee by relying on the collaboration of the two so that the guidance process runs optimally. Seventh, prioritizing everything related to the counselee over the interests of the counselor (Alawiyah, 2020) .

The attitudes that must be present in the counselor are obedience to binding regulations, keeping the counselee's secrets, respecting each other both the counselor and the counselee, increasing self-confidence in the counselee, providing motivation that builds enthusiasm so that the counselee does not sink, creating an atmosphere that fun in carrying out guidance and counseling (Kusumastuti, 2020) .

The Behavioral Counseling Approach

According to (Willis, Sofyan, nd) behavioral counseling is "a process of helping people to learn to solve interpersonal, emotional, and decision-making problems. The emphasis on the term learning in this sense is to create conditions in such a way that clients can solve their problems. In the behavioral concept, behavior is the result of learning, so it can be changed by manipulating and creating learning conditions. Basically, the counseling process is a structuring process or learning experience to help individuals change their behavior in order to solve problems. Behavioral counseling need participation active, guidance And use evidence scientific by the counselor to find solutions to individual problems (Komalasari, Wahyuni & Karsih., 2011). Consultant behavior diagnose behavior Which No fast and prescribing proper handling _ _ for client problems , and the counselor prescribes the method the client should use to change the behavior them (Corey, 2013).

On basically, a person has the ability to regulate his own behavior (Komalasari, Wahyuni & Karsih., 2011), and people have the ability to understand themselves yourself and solve problem them without interfering hands directly from others (Corey, 2013). involve supervise actively in the counseling process

and teach good problem solving methods to supervision so that in the future they can be independent and not depend on others for Resolving the problem becomes very important in the counseling process.

Discussion

The process carried out to instill morals and ethics in students by conducting counseling services with a Behavioral Approach, namely:

Instilling the Value of Mutual Caring for Others

Instilling the value of mutual care for others is shown to students when they are in class. XY did "often disturb his friends when the lesson was held. XY thinks that what he did was not wrong. He did this because he felt that his friend didn't mind when he bullied him." When seeing this the researcher started to provide guidance to XY. The guidance that was carried out resulted in many changes in XY. Investigate XY's behavior because he doesn't understand whether what he is doing is right or wrong. The guidance process carried out for XY is carried out by providing guidance regarding good things and recognizing bad things. The introduction of good and bad behavior can increase children's knowledge about moral values and ethics.

Guidance is carried out by providing a video of changes from a student who is often annoying to a student who loves his friends. Give an analogy that is similar to the behavior of the counselee. The process of giving the video will help the counselee to find out whether what he is doing hurts other people or not. Changes shown by XY after receiving counseling guidance " XY was more active in asking questions, kept his attitude, did not disturb his friends and XY began to be liked by other students because of the changes he showed".

Danang described a counseling process that can be used as a way to show students what is wrong or right behavior. So that the cultivation of morals and ethics can be applied. Starting from the child will realize his behavior is wrong, he will change. Then he will apologize to others (Ardiyanto, 2021) .

Learn to Control Emotions

The emotions shown by children during the research process were children who often got angry when they had different opinions and children who could not control their emotions when discussing. This is shown by the events of DW and RK " they are having a discussion about the different ways used in teaching mathematics. DW believes that what is right is like this, not like that. RK replies that there are two methods used, the results are the same right? DW remains in his stance that the method is the most correct, not like RK's. Things like this often happen because students are motivated by what their teacher teaches at school. So that the differences that occur are considered by students as something wrong because it is different from what is taught.

This understanding often occurs with elementary school students, they still think that what is right is the way taught by the teacher. The counseling process was carried out by bringing together DW, RK and then the teacher. Everyone expressed their opinion, what kind of problem. Then the teacher said to the two students " There are many ways to learn mathematics, sis. If there is an easy method taught by parents at home, that's fine. Visit can be a reference in doing it. One question is indeed a lot of ways that can be used to find answers . After discussions, they finally found a common ground. DW's views began to change because he was given instructions by his teacher. RK then understood DW's view that he thought his method was wrong because he did not understand other methods that could be used to solve the problem. Problems like this really need to be centered by a teacher who is the main target in teaching students. Change will be shown by getting a direct explanation of what he believes.

Desi explained that counseling can be done by anyone, not only people who understand but also people who are the main topic. The guidance process can present a third party who is felt capable of solving the problem at hand. Counseling guidance can be a medium used to control emotions in students. As well as a process of instilling moral ethics in students (Ratnasari, 2017) .

Habit of Obeying the Rules

This habituation can be done by inviting children to follow the rules in school. Rules made in schools with the intention of making children become disciplined. The subject in this case is KL who is often late for school. KL shows the attitude " every morning KL is always late to school because it wakes up late. The distance between the KL house and the nearby school is only a 2-minute walk. It turned out that KL was late for school because he spent the whole night playing on his cell phone until late at night." This event was experienced by many students. They are too absorbed in playing so they forget the time and end up being late for school.

Guidance that can be done by inviting KL to chat about the problem of being late for school. Then gave advice to KL " what if you just play it in the afternoon after school, that's a long time KL. For the night you let rest " . When giving suggestions is still not changing, set a warning " later if you are late the teacher will be angry, after that you will miss learning" . The warning process that is carried out will make the child aware that what he has done is detrimental to himself. Then give a reward to the KL who are not late for school. " If later you are not late, surely you will not be late and get a star . " Giving simple rewards can change students' views so that there is motivation in them to start obeying the rules.

Isnaini explained that the process of providing counseling guidance can be done in many ways by giving suggestions, reprimands and reward punishment to students. Of course with the aim that students can change in a better direction. Providing counseling guidance to students can improve the process of instilling morals in students (Isnaini, 2016) .

4.   Conclusion

Providing guidance and counseling services with a Behavioral Approach to students with the aim of instilling moral ethics in children is proven to be able to instill moral ethics in students. The process of instilling moral ethics in students

by providing guidance and counseling services includes teaching children to help each other to others, introducing and teaching children the process of learning to control their emotions in socializing and getting used to it so that children obey the rules in school .

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