EGO STATUS IN TRANSACTIONAL ANALYSIS
IN BONJOL 1 STATE MIDDLE SCHOOL

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Abstract

Transactional analysis is behavioral behavior - cognitive supporting activities to optimize individual ego - each individual ego moves our life according to the mind, and we are limited to the five senses, mind and intellect (reason), and also identify ourselves with terms to some degree. So it needs to be overcome in order to help students to understand themselves, the status of ego status that can be reduced in carrying out their roles. The purpose of this study was to obtain general information from information on the Ego Status of Class IX Students of SMP Negeri 1 Bonjol. The method used is a descriptive method in the form of survey research. The sample of this research is 40 students. The results of the analysis showed that grade IX students of SMP Negeri 1 Bonjol achieved the results of 58% child ego in the "Low" category, 96% adult ego in the "High" category and parental ego 91% in the "High" category.

Introduction

Moral development, values and attitudes (behavior) is growing very rapidly in adolescence. In interacting with other people, around us there are many different types, characters, human personalities that give their own color in this life. Ego State (Ego Status) is a term used to express a system of feelings and states of mind and associated patterns and behavior. The ego status in a person is formed based on the experiences obtained by someone who still imprints on him since childhood. Adolescence is the peak of the development of all aspects of the child's personality.

In general, the problems experienced by individuals are colored by the strength and weakness of the ego. Ego is what grows and becomes a person's personality. This new type of ego is also called the creative ego. At school, many teachers do not understand the character of their students. Jung in Friedman and Schustack (2006:129) says that "Ego is a conscious aspect coupled with a feeling of self (this personal identity or ego, develops when the individual is about four years old)". Transactional analysis then tries to analyze transactions between individuals to understand personal aspects (ego condition). Berne in Komalasari et al (2011: 90) argues that "Human personality has an ego structure (ego state) namely (Parent) adults, (Adult) adults, and (Child) children".

The three ego states, children, adults, and parents interact with each other and the transactional relationship between the three ego states can encourage a person's growth, but can also be a source of psychological disorders.

In the view of this theory, a healthy individual's personality is an ego state that functions properly while a personality that is seen as abnormal is contaminated with ego status and rigid ego status. According to experience when practicing field experience (PPL) which was carried out in the past, the reality at the school was different from the existing theory, Komalasari et al. (2011: 128). The specific objectives of this approach are: (1) Counselors help counselees to program their personalities. in order to make the ego state function at the right time. (2) Konselli is helped to analyze his own transactions. (3) The counselee is helped to be free in doing, playing to be an independent person in choosing what he wants. (4) The counselee is assisted to review the wrong decisions that have been made and make new decisions on the basis of awareness. The analysis is designed to gain emotional understanding as well as intellectual understanding. However, by focusing on the rational aspects, the counselor's role is largely to pay attention to didactic and emotional issues. Harris in Wijaya (2016:81) states: Seeing the counselor's role as a "teacher, coach, and resource person with a strong emphasis on engagement". As a teacher, the counselor explains concepts such as structural analysis, transactional analysis, scenario analysis, and game analysis.

The counselor helps the counselee discover past adverse conditions that have caused the counselee to make early decisions, adopt certain life plans, and confront other people he or she may now wish to consider. Based on the opinion above, we can see that how big the role of guidance and counseling is in knowing the position of the ego status that exists in him and many things that can be done in studying the ego status of students. Every human being exhibits three kinds of ego states. Each individual in a social group will dominantly show one of these conditions. These three ego states, namely: 1) Berne in Wijaya (2016:77-78) parental ego (parent): The part of the personality that is introjection from parents or from parental substitution. If the parental ego is re-experienced by us then what we imagine are the feelings of our parents in the situation, or feel and act towards others in the same way as our parents feel and act towards us. Parents' ego contains strong curiosity, spontaneous, manipulative, expressive, concrete thinking and fantasizing / imagining Parents usually contain "must" and "should" commands. within us we can be "parents of care" or "parents of critics". Corey (2013: 160) adult ego (adult) Processing of data and information which is an objective part of the personality, is also part of the personality that knows what is going on. The mature ego is independent, patient, rational, determined, responsible and expressive. It is not emotional and non-judgmental, but deals with external facts and realities. Based on the information available, the adult ego produces the best solution for a particular problem.

Method

The method used in this study is a descriptive method which aims to solve a problem by describing the state of the object/subject at the time the research was conducted. According to Sugiyono (2017: 21) states, "Descriptive research is a method used to describe or analyze a research result but is not used to make broader conclusions." The population in this study were 154 grade IX students at the State Junior High School 1 Bonjol. The number of samples of students taken is 25% of the total population of 154 with a calculation of 25% X 154 = 38, 5 = 40 respondents. This is based on the opinion of Arikunto (2006: 134) that, "If the subject is less than 100, it is better to take all of them so that the research is a population study. if the amount is greater, it can be taken 10-15%, or 20-25% or more." The data collection technique in this study is an indirect communication technique. According to Nawawi (2015: 117) said that, "Indirect communication techniques are techniques using questionnaires or questionnaires as a data collection tool". With a data collection tool in the form of a questionnaire. According to Walgito (2010: 72) said, "Questionnaire or questionnaire is a list containing questions that must be answered or done by the respondent or the person/child who wants to be investigated." The questionnaire used in this study amounted to 60 items.

For each answer choice given a score, the respondent must describe, support the statement. To use the selected answer. With a Likert scale, the variables to be measured are translated into variable indicators. Then the indicator is used as a benchmark for compiling instrument items which can be in the form of questions or statements. The research instrument was in the form of a questionnaire that had been validated by two Guidance and Counseling Education lecturers at Tanjungpura University and two Guidance and Counseling teachers at the State Junior High School 1 Bonjol with validation results that the instrument used was valid. Based on the results of the test questions conducted at the State Junior High School 1 Bonjol, it was obtained from 60 questions that were tested for validity, there were 8 questions that were not valid, as well as information that the level of reliability of the questions arranged was good with a reliability coefficient of 0.936. The results of the questionnaire were analyzed using the following formula: scoring in accordance with the scoring guidelines, using the percentage formula, testing validity and reliability using the SPSS version 16 application. This research procedure consisted of 3 stages, namely:

a. Preparation phase

The steps taken at the preparation stage include the following: (1) compiling a questionnaire along with answer keys and scoring guidelines; (2) conduct trials of validated questionnaires; (3) analyzing the test results of the test questions; (4) make a research permit; (5) determine the research schedule.

b. Implementation Stage

The steps taken at the implementation stage include; (1)

distributing questionnaires to students; (2) students fill out the questionnaire according to what they feel, honestly and without coercion; (3) collect questionnaires that have been filled out by students; (4) re-check each item that has been filled in.

c. Final Stage

The steps taken at the final stage include; (1) enter student questionnaire answers into the SPSS version 16 application; (2) analyze the questionnaire that has been filled out by the students; (3) determine the categories of questionnaire results, namely Very Satisfied, Fairly Satisfied, Less Satisfied, and Dissatisfied by using benchmarks;

Result and Discussion

This research was carried out starting July 1, 2021 based on a cover letter from the Faculty until July 3, 2021 where researchers had the opportunity to distribute questionnaires to class IX students of State Junior High School 1 Bonjol. The results of the calculation of the percentage of the assessment category for each aspect in the peer guidance variable regarding self-adjustment to students in class IX SMP Negeri 1 Bonjol are given an interpretation of the calculation results, namely, the ego status aspect gets the child an actual score of 1202 and an ideal maximum score of 2080 and the percentage reaches 58% including in the "Low" category. This means that students have a good ego status regarding the child's current ego. Aspects of adult ego status obtained an actual score of 2922 and a maximum score of 3040 and the percentage reached 96% included in the "High" category. This makes students understand their role as teenagers who want to grow up by having a very good adult ego status regarding their current adult ego status. The aspect of the ego status of parents obtained an actual score of 2911 and a maximum score of 3200 and the percentage reached 91% which was included in the "High" category. This makes students able to place their parents' ego in themselves by having a good ego regarding their current parental ego.

Conclusion

Based on the results of research and data processing carried out, in general it can be concluded that the ego status in transactional analysis in class IX students of SMP N 1 Bonjol can be categorized that students dominate the adult ego. Each ego they have is a child's ego with 58% "Low" status, adult ego with 96% "High" status and parental ego with 91% "High" status. The conclusion from the aspect of ego status in transactional analysis is as follows: (1) The aspect of the child's ego status obtained shows that the class IX students of the State Junior High School 1 Bonjol are included in the "Low" category, this means that students do not wear childish anymore by having a good ego status regarding the ego of the child he currently has. (2) Aspects of adult ego status obtained indicate that class IX students of State Junior High School 1 Bonjol are included

in the "High" category, this means that students have understood their role as teenagers who want to grow up by having a very good ego status. about the adult ego he has at the moment. (3) Aspects of parental ego status obtained indicate that class IX students of SMP Negeri 1 Bonjol are included in the "High" category, this means that students can place their parents' ego in themselves by having a good ego regarding their parents' ego. which he currently has.

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