

Effectiveness Guidance Group Engineering Sociodramas To Improve The Ability of Self Adjustment of Social in Class VII In SMP State 2 Singosari District Of Poor

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Abstract. Adjustment to the social is a human effort to be able to interact with other people and situations that exist in the surrounding environment effective and better so as to create harmonious relationships between itself and the surrounding environment. From the results of this study concluded that there is a difference in scores of social adjustment to the students belonging to the low level of self-adjustment. Value *pretest* students' average scores before treatment with sociodramas technique that is 74.8 with a low classification. Then after a given technique sociodramas, the average score increased to 97.3 with a high classification. If the results of statistical calculations show that the level of significance <0.05 then the hypothesis can be accepted on the basis based on the *Wilcoxon Signed Rank Test (WSRT)* values obtained Asymp. Sig. (2-tailed) of 0.005 and smaller than Sig. 0.05. In other words, the hypothesis acceptable means of group counseling services with sociodramas techniques to improve the social adjustment to the effective.

Keywords: Adjustment, Guidance Services Group (Mechanical Sociodramas).

I. INTRODUCTION

Education is the process whereby a person can develop the skills, attitudes, and forms of behavior more in an environment where he lives. A school is a place where a person getting an education, teaching and life skills in dealing with others. In the school, the environment is inseparable from a variety of developmental delays, especially in the development of personal influence on student achievement. One of these adjustment problems in the school environment as a social environment. Adjustment to the social by Gerungan (2002: 55) defines social adjustment as a way to change ourselves in accordance with the circumstances and the environment in accordance with the changing environmental circumstances (desire) himself. internal and external. internal and external. Internal

Demand in question is the requirement that the form of encouragement or needs that arise in themselves, either in the form of physical and social, such as compassion and love, while the external demands are the demands are the demands that come from outside the individual, both in physical and nature social.

Adjustment of social self is a capacity or ability possessed by each individual to be able to react effectively and the ability to reality, situations and social relations, so that the criteria to be met in the situation social life can be met in ways that are acceptable and satisfying, it expressed by *Schneiders* Agustian (2006: 147).

Problems adjustment to the social environment that is

low also experienced by students of SMP Negeri 2 Singosari. This is indicated by an unqualified students in adjusting to the social environment, such as less able to control themselves in the face of a situation or issue on the social environment, has no rational consideration and restraint in behavior, less capable in terms of learning and so can not develop his qualities, do not have a realistic attitude objective in assessing the situation of their social environment.

With the condition of the student, the student becomes difficult to adjust themselves to the social environment, so the effect on the ability to socialize students in school, to Master in addressing adaptation to the social environment should be appropriate with students in socialize. Thus, students will easily be able to customize the social himself during the school day.

Based on these problems researchers provide group counseling services to assist students in finishing problem is particularly adjustment to the social. Group counseling is assistance to individuals who performed in a group setting. Group counseling can be a group activity or information delivery to discuss issues of education, employment, personal and social.

In group counseling services there are several techniques used. Technic group counseling is a way to do what group guidance activities were undertaken and tools to achieve the purpose of guidance. One of the techniques is the technique of sociodramatic group guidance.

Mechanical socio-drama is an activity related to education, where the individual plays an imaginative situation (pretend), aims to assist individuals in achieving self-understanding, self-adjustment, improve skills in dealing with others. Role playing games are learning tools that can be used to develop skills and understanding of the links between people, in a way that parallels the situation played (the same is happening in real life) ".

II. METHODS

Methods in research carried out by using *one group pretest-posttest.subyek in this study is Shiva-class VII A in SMP Negeri 2 Singosar*. In this design given two tests are preliminary tests(*pretest*)and final test(*posttest*)using a questionnaire adjustment to the social. After the students were given a test away, students were given the treatment in the form of sociodramas. Interest socio-drama awarded to assist students in their social adjustment too.

Questionnaire adjustment given back after the treatment is given to students given the same questionnaire. Initial test results were compared with the results of the final test. A significant difference in the results of the initial test and final test. This study uses indicator instrument according to Concepts problem solving can not be released from the aspect of adjustment is: Being able to have self-control in the face of a situation or issue on the social environment, Acting reasonable in reacting to problems, able to process thoughts and feelings well, Carries attitude realistic objective in assessing the situation of their social environment.

Problem-solving skills require adjustment to the social stage right and proper to use and understand. Stages appropriate in helping students to solve the problem is the stage of the technique socio-drama namely stages, the formation intermediate, activities terminations. At this stage of the activities of researchers discuss the story characters will be played by students according to problems in adjustment to the social. At this stage, students will understand how to improve the adjustment, especially in the social.

III. RESULTS AND DISCUSSION

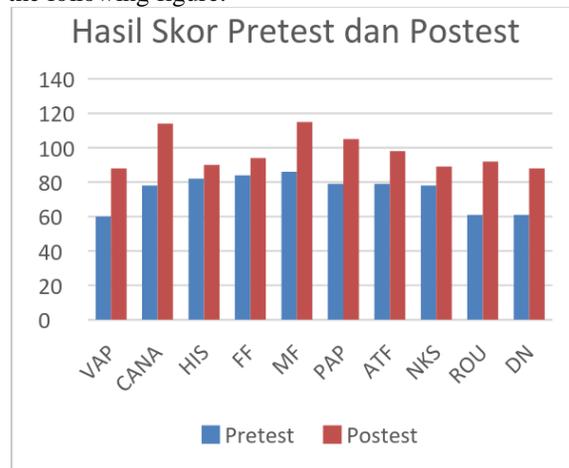
The results of experiments conducted Berdasarkanresults *pretest* and *posttest* conducted on students who are not in conformity with the social. Brdasarkan results of pretest average value of 74 students, 8 and the results of the posttest were 97.3. Increased student adjustment at after a given treatment. Comparison of pretest and posttest results can be seen in the following table:

Table: 1 Data Comparison of *pretest* and *posttest*

No	Name	pretest		posttest	
		Amount	Category	Amount	Category
1.	VAP	60	Very Low	88	High

2.	CANA	78	Low	114	Very High
3.	HIS	82	Low	90	High
4.	FF	84	low	94	high
5.	MF	86	low	115	Very high
6.	PAP	79	low	105	high
7.	ATF	79	low	98	high
8.	NKS	78	low	89	high
9.	rOU	61	Very low	92	high
10.	DN	61	Very low	88	High

Table 1 it can be seen that there is a comparison of scores between results. *pretest* and *posttest* Prior to treatment adjustment seventh-grade students at SMP Negeri 2 Singosari darting low, it is seen from the results of the *pretest*.After the *treatment* is done on the level of social adjustment of students started already showing changes. As it can be concluded that the technique of sociodramas very effective in improving the students' social adjustment due after the *treatment* is done each student lots that showed an increased ability of adaptation to social. Serving comparison of the results of the *pretest* and *posttest* can also be seen in the following figure:



From the *pretest* 10 subjects showed that subjects who receive a score of 60 by 1, students who earn a score of 78 by 2 students, students who earn a score of 82 by 1 student, score 84 as one student, a score of 86 by 1 student, a score of 79 by 2 students, a score of 61 by 2 students. From the results of the *posttest* that get 88 as much as 2 students, score 114 in 1 student, a score of 90 by 1 student, a score of 94 in 1 students, score 115 in 1 students, score 105 in 1 student, a score of 98 by 1 student, a score of 89 by 92 students.

Based on Based on the results of the *pretest* and *posttest* showed an increase adjustment to the social through *treatment* socio drama group counseling techniques in class VII in SMP Negeri 2 Singosari district. Poor. Based on the analysis in this chapter there is an increase in the students' social adjustment to the given after *treatment* an average of

adjustment increases with a score of 97.3%. Before this given *treatment* in the form of group counseling techniques sociodramas students have social adjustment to lower with an average score of 74.8%, which is also indicated by symptoms among other things: less able to control themselves in a situation or an issue of the social environment, not have a rational judgment and restraint in behavior, less capable in terms of learning and so can not develop his qualities, do not have a realistic attitude objective in assessing the situation of their social environment.

The low social adjustment to the students will hinder the process of the student association on the surrounding environment. According *Schnieider* [1] individuals who can adjust themselves well are individuals with limitations on himself, learning to act against himself and his environment by way of a mature, healthy, efficient and attitude satisfactory and can adjust the mental conflict, frustration social and personal difficulties without impaired behavior in students. One of them using group counseling services with sociodramas techniques can help students in the adaptation to the social.

IV. CONCLUSION

Based on the research that has been described can be concluded that the counseling group with sociodramas highly effective techniques to help students improve their adjustment to the social. It can be concluded that through the guidance of the group with sociodramas technique can be seen the increase of the average value keterlaksanaan group counseling services, students who previously could not adapt to the social, now students can begin to improve his adjustment to the social good. This means that the research objectives are met and the hypothesis is proven action, namely the application sociodramas technique can improve the social adjustment to the students. Guidance in student groups began to show a change in growth in the adjustment to the social, this is indicated by a change in the students tend to be active, enthusiastic and likely to be able to adapt when dealing with others.

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