

## INCREASING STUDENTS AWARENESS OF SCHOOL DISCIPLINE THROUGH THE GESTALT APPROACH IN GROUP COUNSELING

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### Abstrak

*Discipline is a condition in which a person obeys and implements the provisions, rules, regulations, values and rules that apply with self-awareness without coercion, but in reality many students are less aware of discipline in schools so that they violate existing rules and norms. in schools, such as research conducted by Peti Pitriani whose research results state that students' low awareness of school discipline is influenced by students' external factors. even though one way to achieve learning goals is to obey all applicable disciplines. Conselor have a very important role in increasing students' awareness of school discipline, namely by carrying out counseling service activities with a gestalt approach to students who violate school discipline, because the purpose of the gestalt counseling approach is to increase awareness for students because by increasing students' awareness of school discipline the learning objectives will be achieved optimally.*

**Keyword** – Discipline, Gestalt Approach, Group Counseling.

## 1. Introduction

Discipline is something important for students, because discipline is one of the determinants of success in achieving learning goals. According to Prijodarminto (1994:23) Discipline is a situation that exists through the process of a series of behaviors that show the values of obedience, obedience, loyalty, order and regularity. But in reality, even though the rules have been set at school, we often find students who still violate these rules, such as: coming late to school, truancy, smoking, dating, being disorganized in wearing school uniforms, not doing school assignments, being reluctant participate in extracurricular activities, sleep in class during study hours and so on. This can hinder the achievement of learning objectives because the learning process cannot run optimally.

Therefore Counselor have a very important role in increasing students' awareness of school discipline, by making students aware of how important it is to have discipline in everyday life, both in personal life, at school, in religion, society, nation and state..

Guidance and counseling has several services in helping students solve problems for students. One of the services used by Counselor is group counseling services in a gestalt approach which aims to increase students' awareness of school discipline. Group counseling services. group counseling is one of the guidance services. According to Gadza et al (in Adhiputra, 2015: 24) states that group counseling is a dynamic process between individuals, focused on conscious thinking and behavior and involves functions such as being oriented towards reality, mutual trust, mutual understanding, mutual acceptance, and support. mutual support. Prayitno (2013: 307) explains that group counseling is an effort to provide assistance provided by a counselor to people in need to alleviate the problems they are facing in a group setting.

Meanwhile, Nurihsan (2012: 21) suggests that group counseling is assistance to individuals carried out in group situations that are preventive and healing and then directed to providing convenience in the context of the development and growth of the individual. The personal relationship in the

group counseling process that occurs between the counselor and the individual is the core that needs to be created and developed. In this regard, the techniques implemented during the group counseling process are important tools to help the counselee gain full awareness. One of the techniques used in group counseling is the Gestalt counseling technique or approach.

Gestalt counseling approach holds that humans in their lives are always active as a whole. Each individual is not merely a sum of the parts of organs such as the heart, heart, brain, and so on, but is a coordination of all these parts. Active humans are driven towards the whole and the integration of their thoughts, feelings, and behavior. Each individual has the ability to accept personal responsibility, has the drive to develop an awareness that will lead to the formation of personal integrity or wholeness.

So the nature of humans according to this counseling approach are: (1) cannot be understood, except in the whole context, (2) are part of their environment and can only be understood in relation to their environment, (3) actors are not reactors, (4) have the potential to fully aware of his sensations, emotions, perceptions, and thoughts, (5) able to choose consciously and responsibly, (6) able to organize and direct his life effectively. Teaching is synonymous with education. So a BK teacher, it is very important to understand Gestalt theory as a reference in helping counselees / students in increasing self-awareness of school discipline.

## **2. Method**

There is also this type of research is a literature study. Zed in Kartiningsih's research (2015) said that the literature study method is a series of activities related to the methods of collecting library data, reading and taking notes, and managing research materials.

Rachmawati and Alifia (2018: 188) define that library research is a series of studies relating to library data collection methods, or research whose research objects are explored through various library information.

Hamzah (2019: 31) based on its characteristics, literature research is classified as a qualitative research method. Literature research is carried out because it is not possible to do it in the form of a field study or because of the personal desire of the researcher to conduct research.

### **3. Result and Discussion**

We need to know that student discipline in obeying school rules is still low, there are many students who violate the rules and norms that apply at school, this can be influenced by several factors, both internal factors such as the lack of self-awareness to obey the rules. exist in school and the extra factor is that it is easy to be influenced by friends in violating school discipline, when in fact one way to achieve learning success is by obeying the rules and norms that exist in school. Therefore, the BK teacher plays a very important role in alleviating this problem.

There is relevant research on students' awareness of school discipline in Peti Pitriani's research entitled "An Overview of Students' Awareness of Discipline at SMP Negeri 4 Cipeundeuy. The results of his research stated that the low level of students' attitude towards school rules was caused by students not being able to control themselves against negative influences from the surrounding environment. Seeing the phenomenon that occurs the need for the role of Conselor in increasing students' awareness of discipline in schools.

One way for Conselor to increase students' awareness of school discipline is to use group counseling services with a gestalt approach. such as training I am responsible, role playing, by training students to use this technique so that students realize the need to obey school discipline and the impact of violating school discipline

The aim of this gestalt approach is to increase student/client self-awareness. Where students themselves are seen as curative or generating growth. Because Awareness requires self-knowledge, responsibility for choices, contact with the environment, immersion in the stream of experience, self-acceptance, and the ability to make contact (Yontef & Jacobs, 2011). With

awareness, students are able and can understand the importance of obeying discipline in school for themselves in achieving learning success and making students disciplined because without student awareness it will be difficult to make changes in behavior so that it will harm themselves and the people around them.

**a. Discipline**

Tu'u (200: 33) defines discipline as an effort to follow and obey the rules, values and applicable laws that arise because of self-awareness that obedience is useful for his good and success. Meanwhile, according to Prijadarmanto (2006: 126) discipline is a condition that is created and formed through the process of a series of behaviors that show the values of obedience, obedience, loyalty, order and order.

Based on the theory above, it can be concluded that discipline is a condition in which a person obeys and implements the provisions, rules, regulations, values and rules that apply with self-awareness without any coercion.

**1) Factors Affecting Discipline**

According to Laila Maharani in her journal (2016) the factors that influence discipline are:

**a) Yourself**

The implementation of this discipline is based on the students themselves. Because without an attitude of self-awareness, then whatever efforts are made by those around him will only be in vain.

**b) Family**

The family is the first and foremost place of practice and application of discipline. The basis of disciplined education in the family greatly influences the subsequent personality development.

**c) Environmental association**

The environment has a big role in the application of discipline, both the school environment and the community environment. Where if someone enters an environment that applies discipline or otherwise enters

a bad environment, it will shape a person's personality and affect further development.

From the opinions of the experts above, the writer can conclude that the factors that influence discipline can come from oneself or from outside oneself, both from the school environment, family, and one's social environment in the community.

***b. Gestalt Approach in Group Counseling***

1) Gestalt counseling approach

Gestalt therapy developed by Federick Perls is a form of existential therapy that rests on the premise that individuals must find their own way in life and accept personal responsibility if they hope to reach maturity. Because it works primarily on the principle of awareness, this therapy focuses on the what and how of behavior and experiences in the here and now by integrating (integrating) the fragmented and unknown parts of the personality (Corey in Komalasari, 2011).

2) Roles and Functions of Group Leaders

The basic goal of Gestalt therapy is to increase awareness, which in itself is seen as curative or growth-producing. Awareness requires self-knowledge, responsibility for choices, contact with the environment, immersion in the stream of experience, self-acceptance, and the ability to make contact (Yontef & Jacobs, 2011). With awareness, clients have the capacity to find within themselves the resources needed to solve their problems and to find the conditions that will allow change. Without awareness, they have no tools for personality change. The functions of group leaders in the gestal approach are:

- a) Group leaders encourage members to increase their awareness and pay attention to their contact style, leaders can still take an active role in making experiments to help members utilize their resources.
- b) Group leaders engage actively with group members and can use self-disclosure as a way to improve relationships and create a sense of community within the group

- c) The group leader creates an atmosphere and structure in which creativity and creativity can emerge
- d) The group leader functions to set the theme by connecting members with one another and finding ways to engage the group as a whole in exploring loneliness
- e) Promote and create a nurturing environment within the group

The role of the group leader is to encourage group members to be able to see the reality that is in themselves and want to try to deal with it. In this case, it is necessary to direct members to want to learn to use their feelings fully. For this reason, the counselee can be invited to choose two alternatives, he will reject the reality that exists in him or open himself to see what is really happening to him now.

**c. Gestalt Group Counseling Stage**

Gestalt approach has 3 stages model, namely:

1) Early Stage

Leaders direct and provide a climate of trust that will support risk taking and making connections between individuals. Once members find their similarities with one another, the group is ready to work on differentiation.

2) Second stage

In this period of transition, groups grapple with issues of influence, authority, and control. The leader's job is to work to increase differentiation, divergence, and role flexibility among members. The leader acts as a facilitator to help members work through the reactions they experience to what is happening in the group. Some of these facilitative activities include increasing awareness of the norms prevailing in the group, encouraging members to challenge norms and openly expressing differences and dissatisfaction, and distinguishing roles from people.

3) Final stage

In the third stage (which is similar to the work stage) intimacy and interdependence are key themes. At this stage of group development, real

contact occurs within and between group members. Group members are ready to increase their deeper understanding of themselves, both individually and with groups. After group members gain understanding and awareness of their thoughts, feelings, and behavior, group leaders lead group members into the final phase of counseling. In this phase the client shows symptoms that indicate the integrity of his personality as a unique and human individual.

#### **4. Conclusion**

Discipline is something important for students, because discipline is one of the determinants of success in achieving learning goals. Discipline is a situation that exists through the process of a series of behaviors that show the values of obedience, obedience, loyalty, order and regularity. With the Gestalt approach in group counseling provided by Counselor, it can increase students' awareness, which in itself is seen as curative or produces growth.

Awareness requires self-knowledge, responsibility for choices, contact with the environment, immersion in the flow of experience, self-acceptance, and the ability to make contact which will be enhanced by the guidance counselor through the gestalt approach carried out in group counseling. With awareness, students have the capacity to find within themselves the resources needed to solve their problems and to find conditions that will allow change in students. With this, it can maximize the student learning process because the learning process will be more effective and efficient.



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