THE TEACHER'S ROLE IN SHAPING LEARNING INDEPENDENCE STUDENTS TROUGH THE HABITUATION LEARNING METHOD

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Abstrak

This article uses references from related literature studies to discuss the role of teachers in forming student learning independence through habituation learning methods, where student learning independence is the ability of students to carry out learning activities that are focused on activity, responsibility, and a high willingness to do something. without asking others for help. To get the expected learning outcomes, serious thinking is needed, so that the material presented is well received and understood by students. Therefore, every learning process that is designed and organized must have a contribution to achieve the expected goals, the teacher must choose an appropriate learning method, one of which is the habituation learning method to increase student learning independence. The habituation method is a method in education in the form of a process of inculcating habits. The essence of habituation is repetition.

Keyword – Teacher's Role, Independent Learning, Habituation Learning Methods.

1. Introduction

Education in schools is mostly aimed at the cultivation of intellectuals and skills, but is often neglected in terms of personality. These characteristics and personal aspects need to be understood in every school classroom and in educational purposes. There is no denying the importance of education. The development of the times and increasingly rapid technological advances have had an impact on improving the quality of humans continuously. One way to improve the quality of human resources is through education. The progress of a country depends on human resources, and the quality of human resources depends on the quality of education. Education is very important to create an intelligent, peaceful, open and democratic society.

In order to improve the quality of education of a nation, education must always carry out renewal. One of the most important aspects of personality in students is independence. The independence of students can be carried out in three educational paths that can be formed, in line with the goals of national education in Indonesia contained in the National Education System Law Chapter II Article 3, one of which is to build a foundation for the development of the potential of students to become independent human beings. Independence in learning is intended as a learning activity that takes place more driven by their own will, their own choices, and their own responsibility for learning, the process when individuals take their own initiative, with or without the help of anyone. To increase student learning independence, the teacher's role is very much needed.

The habituation method is a method in education in the form of a habit cultivation process, the purpose of habituation is repetition. If every teacher enters the class to say hello, it can be interpreted as an effort to get used to, habituation can be intended as a way that can be done to familiarize students to think, behave and act in accordance with applicable rules (Mulyono, 2010). When a practice is getting used to being carried out, through this habituation it will become a habit for those who do it, then it will become addicted and in

time it will become a tradition that is difficult to leave, that is what underlies the need for habituation in the educational process, (Azizy, 2002).

The independence that should be applied to students is that during the teaching and learning process students should be more active, not dependent on others, and students should focus more on the learning process so that when the teacher gives assignments, students do not look confused and nervous. For children, strong independence will be the basis for independence in adolescence, adulthood, and beyond. Even the importance of independence gained by children is related to the achievement of self-identity later in4 adolescence. Students are required to be more independent, so they are not awkward in treading further education, (Suparno, 2002).

The fact is that currently there are still many students whose learning independence is still low which is characterized by the presence of students who do not last long in studying, are lazy to study, and only learn when they are close to the exam, (Jayantini, S., Sulastri, 2014). Students who have low learning independence have a higher risk of failing in their studies when studying in a school environment that has a complex and modern curriculum and learning media, (Jayantini, S., Sulastri, 2014). Lazy to learn, quick to give up, less active in learning activities, indifferent, not paying attention to explanations from teachers or friends, quickly giving up showing the fading or deteriorating character or personality, (Jayantini, S., Sulastri, 2014). This condition is indicated by the child not wanting to accept assignments from the teacher, in doing the task incomplete, the child lacks confidence in being able to do the task on their own and always asks the teacher for help, and is less enthusiastic in teaching and learning activities. This condition ultimately hampers the learning process, because in each lesson the attention of educators and other children is only focused on the less independent child.

2. Method

This article discusses "The Role of Teachers in Shaping Students' Learning Independence through the Habituation Learning Method". With

analysis with the method of(Literature ResearchLiterature Research). As for this article, we will discuss the sub-nature of learning, the notion of learning independence, methods of habituation, the role of the teacher, the pedagogical basis for independent learning, and discuss how the facts in the field are obtained. Finally, it will be discussed in the discussion below.

3. Result and Discussion

A. *The nature of learning*

1. Definition of Learning

Learning is very important because almost all knowledge, skills, attitudes and human behavior are formed, changed, and developed through learning. (Slameto., 2010) suggests: Learning is a business process carried out by a person to obtain a new change in behavior as a whole, as a result of his own experience in interaction with his environment.

Furthermore, (Syah., 2004) learning is "an activity that is a process and is a very fundamental element in the implementation of every type and level of education". In line with that (Slameto., 2010) learning is a business process carried out by a person to obtain a new behavior change as a whole, as a result of his own experience in interaction with his environment. By studying individuals will gain a variety of knowledge, insight, experience, and changes in behavior for the better.

Based on the description above, it can be concluded that learning is an activity that is carried out intentionally, requires time and effort to achieve the desired goals, and can lead to changes in behavior that are better than before.

2. Factors Affecting Learning

According (Djamarah., 2008), factors that affect student learning is sourced from within the students themselves and factors outside the student. Psychological factors consist of intellectual and non-intellectual factors. Physical factors are students' physical conditions. Meanwhile, factors from outside of students are divided into factors that regulate the learning process in schools, social factors in schools, and situational factors. The circumstances and conditions of students greatly affect the learning process of participants. students are in good physical, spiritual, environmental and social conditions learning strategies used by

students. If the situation and conditions that affect students are bad, the learning outcomes that will be obtained by these students will also be bad.

B. *Independent Learning*

1. *Understanding Learning Independence*

Independent learning according to Wedemeyer (Rusman, 2012), needs to be given to students so that they have the responsibility to organize and discipline themselves and in developing the ability to learn on their own accord. Independent learning is also the provision of learning to students and it can determine goals, materials and learning experiences, as well as evaluation of learning. In line with the above opinion, Knowless (Rusman, 2012), argues that "students who study independently should not depend on the help, supervision, and direction of others, including teachers or their instructors, continuously". Students must have their own creativity and initiative, and be able to work independently by referring to the guidance they receive.

The educational process basically demands an independence in students. independence in the educational process is called learning independence. Furthermore, Boud (Nurhayati, 2011), learning independence is "a way of learning that gives greater freedom, responsibility and authority in planning, implementing, and evaluating learning activities".

Based on the opinion above, it can be concluded that independence in learning is the ability of students to carry out learning activities that are focused on activity, responsibility, and a high willingness to do something without asking for help from others.

2. *Characteristics of Independent Learning*

Suggests the characteristics of independence, namely, learning activities are self-directed, questions that arise in the learning process are answered by themselves on the basis of experience, not expecting answers from teachers or others, do not want to be dictated by the teacher, generally impatient to immediately take advantage of learning outcomes, preferrather active participationthan passively listening to teacher lectures, always take advantage experiences owned, planning and evaluation of learning is better done within certain limits between students and teachers, Learning must be by doing it is not enough just to listen and absorb, (Mujiman, 2007).

3. *Factors Affecting Independence in Learning*

According to (Asrori, 2012), there are several factors that influence the development of adolescent independence, namely:

a. Gen or parental descent. Parents who have high independence often reduce their children to have independence as well.

b. Parenting patterns. The way parents raise children will affect the development of independence. Parents who prohibit too much without being accompanied by a rational explanation will inhibit the child's independence and make the child unsure of his own abilities.

c. The process of education in schools. The education process in schools that do not develop educational democracy and tend to emphasize indoctrination and argumentation will hinder the development of adolescent independence, including education that emphasizes sanctions or punishments. On the other hand, an educational process that emphasizes the importance of respecting children's potential, giving rewards and creatingcompetition positivewill facilitate the development of adolescent independence.

d. The system of life in society. People's life systems that place too much emphasis on the importance of social structure hierarchies, feel insecure or tense and do not appreciate the manifestations of children's potential in productive activities can hinder the smooth development of student independence.

C. Habituation Method

1. Definition of Habituation

Method The habituation method can be interpreted as a way that can be done To familiarize students with thinking, behaving and acting in accordance with the demands. Habituation is considered effective if its application is carried out on students. Because they have a strong memory record and immature personality conditions, so they are easily dissolved by their daily habits, (Hamdani, 2011). Habituation is something that is deliberately done repeatedly so that something can become a habit,(Mulyasa, 2003).

The application of the habituation method can be done by getting children to do positive things in their daily lives. By doing habits routinely every day, students will do it by themselves, consciously without any coercion. By direct habituation, children have been taught discipline in carrying out and completing

an activity in the process of inculcating habits", (Aly, 1999).This habituation method is a form of education for humans whose process is carried out in stages, and makes habituation an educational technique that is carried out by getting used to good qualities as a routine, so that the soul can carry out the habit without being too hard, without losing a lot of energy, and without losing too much energy. found a lot of trouble.

2. *Basis and Objectives of the Habituation Method*

   a. Basic Habituation

Habituation is an activity that is carried out continuously and exists in the daily life of children so that it becomes a good habit. Habituation development includes aspects of moral development and religious values, social development, emotional and independence. Aspects of social, emotional and independent development are intended to foster so that they can control their emotions properly and can interact with others and with adults well and can help themselves in the context of life skills, (Mudjito, 2007) .

Habituation is one method of education that is very important, especially for children. They have not realized what is called good and bad in the moral sense. They also do not have obligations to do like adults. So they need to be familiarized with certain behaviors, skills, abilities, and mindsets. Children need to be accustomed to something good. Then they will turn all good qualities into habits, so that the soul can carry out the habit without too much effort, without losing a lot of energy, and without finding many difficulties, (Armai, 2002).

On this basis, education experts always remind children to immediately familiarize themselves with something that is expected to become a good habit before they already have another bad habit. Practical action has an important position in habituation is a practical effort, formation (coaching), and preparation.

   b. The purpose of Habituation

Habituation is the process of forming new habits or improving existing habits. Habituation in addition to using orders, role models, and special experiences, also uses punishments and rewards. The goal is that students acquire new attitudes and habits that are more appropriate and positive in the sense that they are in harmony with the needs of space and time (contextual). In addition, the right and positive meaning is in line with the prevailing moral norms and values, both religious and traditional and cultural, (Syah., 2004).

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From the explanation above, it can be concluded that the purpose of holding the habituation method in schools is to train and familiarize students consistently and continuously with a goal, so that it is truly embedded in the child and eventually becomes a habit that is difficult to abandon in the future.

c. Forms of Habituation

According to (Ramayulis, 1994), through habits can be done in various forms including:

1) Habituation in morals, in the form of habituation of good behavior, both at school and outside school such as: speaking politely, dressing clean , respect for elders, and so on.

2) 2) Habituation in worship, in the form of habituation of praying in congregation in the school prayer room, saying greetings when entering class , and read "basmallah" and "hamdallah" when starting and ending the lesson.

3) Habituation in faith, in the form of habituation so that children believe with all their soul and heart, by bringing children to pay attention to the universe, thinking about it in contemplating the creation of heaven and earth by moving gradually from the natural to the supernatural realm.

The formation of these habits is formed through repetition and acquires a permanent form when accompanied by satisfaction. Cultivating a habit is difficult and sometimes takes a long time.

d. Steps of the Habituation Method

According to (Armai, 2002), there are several conditions that need to be considered in carrying out the habituation method to children, namely:

1) Begin the habituation before it is too late, so before the child has other habits that are contrary to things. to get used to.

2) The habit should be continuously (repeatedly) carried out regularly so that it eventually becomes an automatic money habit.

3) Education should be consistent, be firm and remain firm in the stance it has taken. Do not give children the opportunity to break the established habit.

4) Habituation that was originally mechanistic must become a habit that is accompanied by the child's own conscience.

D. Role of Teachers

A teacher must also be able to carry out his duties in several different roles. He is not only a transfer of knowledge, but also an educator. In Decey's view, (Izzan, 2012) the teacher's role includes:

a. The role of the teacher as a demonstrator As a demonstrator, the teacher is a teacher in the field of knowledge he controls. Therefore, in order to carry out his role well, a teacher must master the subject matter to be taught. In order for their knowledge to be conveyed to students properly, a teacher must also be skilled in understanding the curriculum, describing operational goals, and being able to use methodologies and learning tools optimally.

b. The role of the teacher as a class managerclass As amanager, a teacher must be able to create an atmosphere or learning conditions in the classroom. He must also be able to stimulate students to be active in the learning process, skilled at controlling the classroom atmosphere to keep it warm, safe, interesting, and conducive.

c. The role of the teacher as a mediator and facilitator. As a mediator, a teacher is required to have sufficient knowledge and understanding of educational media as a communication tool in the learning process. Teachers must be skilled in choosing, using, and seeking educational media, and able to become intermediaries (media) in the relationship between students in the teaching and learning process, as facilitators, teachers should be able to seek useful learning resources, and can support the achievement of goals in the teaching and learning process, both in the form of resource persons, textbooks, magazines, newspapers, and other learning resources.

d. The teacher's role as an evaluator. As an evaluator, a teacher is required to be able to carry out the evaluation process. The purpose of the evaluation is to find out the success in carrying out learning (Feedback) and assessing student learning outcomes.

E. Pedagogical Foundations in Independent Learning

Children's education has the aim of developing all the potential of children so that later they can function as whole humans who are new to the world, where they do not yet know the rules of norms, manners and children are learning to communicate and learn to understand other people. Therefore, children need

guidance in recognizing natural phenomena and the skills needed as provisions for social life. Children's interactions with other people and objects are needed so that children are able to develop personality, morals and noble character, (Suyanto, 2005).

Professional teachers are teachers who have special abilities in their fields, can master various methods or techniques in teaching and learning activities and can master the educational foundations to the maximum. To make a good lesson plan and be able to organize an ideal learning process, every teacher must know the elements of a good lesson plan by making student learning independent, (Majid, 2005).

One way to achieve this is by applying the habituation method as applied in schools as an effort to internalize the values of independent learning to students, so that students can get used to learning independently in everyday life . With a learning model that uses a typical habituation method that further deepens the child's abilities and psyche, in addition to a good cooperative process between parents and the school that makes habituation more ingrained in children. Habituation is something that is accustomed, namely by providing opportunities for students to always be independent in learning.

Efforts on the part of the school to be able to internalize the value of teaching self-learning to students are very important, and one of these efforts is the habituation method in the school environment. The habituation method is to create an active atmosphere at school in a programmed and routine manner (habituation) which is expected to be able to transform and internalize the values of independence well to students, (Muhaimin, 2008).

4. Conclusion

Education is one of the strategies to create a good nation, because to form a good generation, good quality education is needed. With this, the government needs to improve the quality of education. "Education is a stage of institutional activities that are used to perfect individual development in mastering knowledge, habits, attitudes and so on". Schools need to provide support so that children can be independent. In developing children's independent behavior, teachers should pay attention to the developments that exist in

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children, choose methods and curricula that are in accordance with the child's developmental stage to assist teachers in developing independent behavior in children. Developing independent behavior for children is expected that later children will get used to living independently and grow into independent individuals.

To get the expected learning outcomes, serious thinking is needed, so that the material presented is well received and understood by students. Therefore, every learning process that is designed and organized must have a contribution to achieve the expected goals, teachers must be smart in choosing learning methods in teaching. One of them is the habituation learning method to increase student learning independence. The habituation method is a method in education in the form of a process of inculcating habits. The essence of habituation is repetition.

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