

Behaviour Counseling Model for Preparing the Next Generation of Drug-Free Character on 12th Grade Muhammadiyah High School Students Both Social and Science Studies in South Jakarta

Titik Haryati¹, Budiharjo²

(1. Prof. Dr. Hamka Muhammadiyah University, Jakarta, Indonesia; 2. Moestopo University; Indonesia)

Abstract: This study aims to produce a counseling model as an effort for preparing the next generation of drug-free character on 12th grade students which studies both Social and Science. Muhammadiyah High School students need to implement the Behaviour Counseling Model in order to increase their ability and knowledge. This model performed in classical style, making a group of students to determine abilities and knowledge they have. Pre-test is used to obtain data from students before the providing treatment given. The treatment by giving comprehension meant to increase skills and knowledge for preparing the next generation of drug-free character. Given guidance material regarding behaviour, the students perform post-test in the form of a questionnaire which used to find out the improvement of student's skills and abilities. Post-test scored showed an improvement after the students were able to apply Behaviour counseling model through the materials provided and applied to students in their environment. Generally, it can be concluded that Behaviour Counseling Model is effective for preparing a drug-free character generation of 12th grade students in Muhammadiyah High School in South Jakarta.

Key words: behaviour counseling model, generation of drug-free character

1. Introduction

1.1 Background Research

12th grade students consist of student aged between 16–17 years old that faced development phase from childhood to teenager. They will face transitions, vacillation crises, hesitancies, to determine their own identity that will be easily influenced by their surroundings. Same-aged friend is one of the strongest influences in affecting their behaviour. Drug is one of the factors which can easily affect students, especially when they're realizing they can emulate others. Unfortunately, they don't understand the real consequences that drug can afford to their health and their lives. Law can be extremely strict to people who fall into drug. At the beginning, students tend to start with smoking, which later given by their friends and added with drug. These friends will give that away for free. After students addicted to that, these friends will ask them to buy it by themselves. Drug is expensive, so when students can't afford to buy, these friends will persuade them to steal in order to buy it.

Titik Haryati, Dr., Prof. Dr. Hamka Muhammadiyah University; research areas/interests: guidance and counseling. E-mail: titikharyati50@gmail.com.

Budiharjo, Dr., Moestopo University; research areas/interests: social and politics. E-mail: budiharjo_54@yahoo.com.

Students who consume drug feel agitated physically and psychologically because these things distract students when they're learnt. It weakens their motivations in learning, so their mark and achievement decrease dramatically.

Drug abuse is behaviour deviation that happens to young generation and endangers their health caused by addictive substances that destroy their nerve so they can't think properly. Drug effect that produce pleasant feeling impact students behaviour that make them addicted and keep consuming it. Brain nerve function that disturbed and normal growth being poisoned by intoxication, overdose, can lead into death. It will happen because cessation of breath (caused by heroine), cerebral hemorrhage (caused by amphetamine) and when they stopped consume it suddenly. Heavy or light symptoms that experienced depend on the substance, dose and how long it was consumed. Behaviour disruption or social mental (aloofness), uncontrolled, health disturbance, social and religion norms being ignored, disappearance of courteous, selfish, even lazy and unmotivated are the effects of consuming drug.

Student's grade decreases and sometime they cannot advance to the next grade because they lost their passion in learning. Therefore, it is necessary to conduct a research in order to observe the effect of drug abuse toward student motivation in learning both physical and psychologically. Student that consume drug tend to secluded, unfocused, sleepy, delayed in collecting assignments and eschew. They usually have a strong friendship in a community with their same-aged friends, which render difficulties to authorities who wants to investigate their background in abusing drug. Drug abuse is the uses of drug which not meant to solve medical issue, but to give self-satisfaction to the users. To fulfill their satisfaction, they need to consume it in excessive amount and for a long time which later will cause health problems, mental problems and affected their social life. There are bunch of reason abusing drug, including diminish stressed, relieve from depressed, resolving their personal problems, acceptable to their surroundings, and many others. Like what anticipatory beliefs feeling gives (assumption that drug abuser are great, fabulous, mature, well-adapt and cool), relieving believes (assuredness that abusing drug can handle tenseness, worriness and depression caused by psychosocial stressor), facilitative or permissive believes (assuredness that abusing drug are lifestyle and become a habit caused by modernization and it is already well-accept by their environment).

Student as our successor must be well-prepared to produce generation which physically and mentally healthy. That is an absolute requirement that have to be fulfilled in order to generate qualified generation — not generation that physically and mentally damaged caused by abusing drug. Learning process as educational service has an obligation to create protected condition, guiding student so they optimally thrive. To achieve that, professional service in school is required. Teacher as educational service have competency in both academics and professionalism to create a supportive situation so student can achieve a better result in learning. Motivation is one of the ways that had been developed to boost student will in learning. This motivation is given in the form of service learning.

This research will discuss about behaviour counseling model for preparing the generation which have drug-free character on 12th Grade Muhammadiyah High School Students both Social and Science Studies in South Jakarta so we can obtain accurate result about which factors that make students abusing drugs.

1.2 Problems

Problems that become researchers focused is reason why student abusing drug thus decreasing their motivation in learning.

1.3 Problems Identification

- (1) Condition of student who uses drug.
- (2) Resources of drugs which uses by student.
- (3) Parent's attention to student who's abusing drug.
- (4) Student motivation in abusing drug.
- (5) Drug impact due to abuse uses on learning motivation.

2. Literature Review

2.1 Behaviour Counselling Model

Beginning with necessity of behaviour counseling model to prepare a model generation in preparation for a quality generation free of narcotics, a solution to solve this problem is needed. The hindrance of student capability for building strong character must be removed. To overcome these barriers, student is given spiritual education, family education (cultural and ability) and school education (as an educational institution, it has a responsibility both academic and non-academic and help in building character of student through learning process). Drugs affect student development by damaging their mental and their future so students become unproductive; lose spirit in rivalry and achievement too. Learning process provide behaviour counseling model so that student have strong character in facing the dynamics of life and the hindrance that disturbing student development, especially drugs. Knowledge and skill in applying behaviour counseling model is a skill that teacher have to help the student possessing a strong personal character. Teacher's effort in giving behaviour counseling model to them is started by knowledge and skill to apply and use this model.

Assumptions that underlies behaviour counseling model applied are: (a) behaviour counseling model is a process for helping student in preparation of a quality and characterize generation through behaviour transformation. The effectivity of behaviour counseling model that given not only in behaviour transformation, but there are also related factors in process applying behaviour counseling model including the uses of technic and approachment; (b) behaviour counseling model approachment is an effort in preparing a quality characterize generation. Those statement reinforced with Shertzer& Stone (1982, p. 76); Robert D Myrick standpoint in Sunaryo K. (1996, p. 99); Dedi Supriadi (1997, p. 7); Syamsu Yusuf (1999, p. 76) which said: "counseling is one of the model that required as an effort to develop individual potential optimally; mengatakanbahwa; (c) behaviour counseling model is an effort to upgrade teacher's ability in applying behaviour counseling model through interaction and learning.

Involvement of teacher's ability in applying behaviour counseling model is assumed to be adequately high and greatly affect in giving counseling to student behaviour. This statement underlies based on the premises: first, behaviour counseling model could preparing characterize generation in building happy family and drug-free community. It is necessary to train teacher so they will have knowledge and ability in applying behaviour counseling model; second, behaviour counseling model is given through learning and interaction inside or outside the class; third, behaviour counseling model purposes are (a) preparing characterize generation in building happy family and drug-free community; (b) so that student could carry on their social life in family, school, and society; (c) teacher is the main pillar or the first person that applying vision and mission of knowledge and ability; (d) teacher's role as preceptor (teacher capable in applying vision and mission of behaviour counseling model and highly motivated for preparing characterize generation; (e) teacher have perception, comprehension, knowledge,

skill that are important for preparing characterize student; (f) research about behaviour counseling model is a strategical step in developing student potential.

The fruitfulness in implementing behaviour counseling model is seen when: (a) student could believe in school regulation; (b) student are able to enter school on time; (c) student able to focus in learning; (d) student able to do their assignment on time; (e) student studied harder and able to understand the lesson; (f) student become well-organized; (g) they do not disturb their friend when learning; (h) they do not ask money for buying cigarettes; (i) they obey their teacher's order; (j) they are not easily affected to skip school or buying cigarettes; (k) they refuse if someone offer some kind of drug. Reason for preparing characterize generation; (a) able to acquire better mark; (b) able to produce good achievement; (c) able to compete; (d) able to become excellent student; (e) able to increase their motivation in competition. Effort for preparing student that already has drug-free character showed by; (a) student ability to difference kind of drugs; (b) student ability to not using drug; (c) student ability to not be friend with student who smoke as a main factor they using drug; (d) student not skip school anymore; (e) student have strong personality; (f) student is highly discipline; (g) student have responsibility in their daily life.

Behaviour counseling model material for preparing characterize generation in building happy family and drug-free community marked by following features: First, student have ability to focusing themselves in learning so they can achieve better achievement, not easily influence by surrounding and same-aged friends. Second, characterize student shown by their behaviour and their effort to do activity in accordance with religion norms, social norms, and moral. Third, student able to choose a good friend for them and not influenced by their same-aged friends or other people. Forth, emerging responsibility that shown in students when they do necessary things. Fifth, student behaves correctly in accordance with society and norms. Sixth, student able to receive and absorb information from people which later remembered by them. Seventh, student becomes a part of family and acts like one. Eighth, student respect every part of their family. Ninth, student can explain the dangers of drugs toward other people, especially their same-aged friends. Tenth, student becomes well-adapted with their surrounding, school, family, and society. Eleventh, student can carry on their daily routines for completing their own needs.

2.2 Characterize Generation that Free from Drugs

Drugs (or Narcotics) is kind of medicine, substance, ingredient, and not classified as food, that give dependency also affect brain work, vital organs function such as heart, lung, blood circulation, and many others if it is consumed, smoked or injected. Drugs are useful in medical, but because its dependency, it has to be used under doctor surveillance and received permission from the expert. Napza (Narkotika, Alkohol, Psikotropika, dan Zat Adiktif) is a substance that extremely alarming. It was seen by the increases of cases that happen lately. Suspect from every case always varies and differs. The users of drugs include pure user, courier, and seller. Unfortunately, legal actions that conduct seem not given any effect for them. Recently, a new concept emerged. It is concepts which involve residents to help government in controlling and preventing drug abuse. Nevertheless, this concept faces difficulty caused by the ignorance of residents. Also, there are syndicates that deliberately blocking socialization activity, advocacy, or seminar about drug abuse.

Since Law of Republic Indonesia no. 35 in 2009 article 54 about narcotics that stated: "Drug addicts and the victim of drug abuse compulsory to undergo medical rehabilitation and social rehabilitation, supported by Government Regulations of Republic Indonesia no. 25 in 2011. Didukung oleh Peraturan Pemerintah Republik Indonesia Nomor: 25 Tahun 2011. Narcotics Addicts Mandatory Report Implementation and Health Ministerial

Decree no. 1305 in 2011 about Institution of Compulsory Report Recipient and no. 2171 in 2011 about Drug Addicts Compulsory Report Procedures published, number of people who had been charged as drug abuser decreased. However, in fact, based on the data by Correctional Database System on Mei 2012, prisoners case Drug Addict reach 24,237 people from the total number 55,305. It still becomes the second biggest contributor after prisoners case Drug Bookie, 27,282. This figure indeed decrease from April 2012 (24,579 prisoners case Drug User), but it still higher than Februari 2012 (22,532 prisoners case Drug User). The verdict rehabilitation execution for drug abuser not execute maximally yet. Convict that had been used Injection Drug amount 6.4%, the highest one is Jakarta (13.28%) and Denpasar (8.1%), meanwhile the lowest one in Semarang (2.8%). One of the five (17.2%) convict that use Injection Drug for the first time using it in prison and one-third of the user saying that they still use it in the prison. Majority of the convict that still using Injection Drug (92.5%) and the one that inject with used needle (66.7%). Available data had shown that the possibility of disease contagion caused by utilizing used needle is increasing. Mostly, this disease is HIV/AIDS.

Comprehension about life values is very important for student in order for them to produce quality generation which later becomes successor. Protections for child are given by fulfilling their necessities, such as education, health and welfare. So do student in their 12th grade. They will need all of it in order to growth and develop. Personality, self-maturation, upgrading ability, making decision, handling mental pressure effectively, enhancement of self-confidence and enhancing communication ability are important for student in order motivated them in learning. School have to be more serious and actively provide educational services and information regarding drugs, drugs abuse, legal issues, rehabilitation, and given counseling to student who abusing drug. Lex No. 22 in 1997 about Narcotics and No. 5 in 1997 about Psychotropic divide drugs that have potentially in dependency to these categories, such as:

Drugs Class I: Highly potential in causing dependence to the user, and not used for therapy. Example: Heroin, Cocaine, Marijuana, *Putaw* (impure heroin in the form of powder).

Drug Class II: Highly potential in causing dependence to the user, but it used for therapy. Example: Morphine and Pethidine.

Drug Class III: Lightly potential in causing dependence to the user used a lot in therapy. Example: Codeine.

Drug is substances or medicine, either natural or synthetic, psychoactive through selective effects and central nerve structure and causing typical changes in mental and behaviour activity, which divided according to its dependency level, such as:

Psychotropic Class I: Highly potential in causing dependence to the user, not used in therapy. Example: MDMA (Ecstasy), LSD, dan STP.

Psychotropic Class II: Highly potential in causing dependence to the user, limits used in therapy. Example: Amphetamines, Methamphetamine, and Ritalin.

Psychotropic Class III: Moderately potential in causing dependence to the user, used in therapy. Example: Pentobarbital.

Psychotropic Class IV: Light-highly potential in causing dependence to the user, broadly used in therapy. Example: Contoh: diazepam, clobazam, barbitol, dannitrazepam.

3. Research Method

Research method that will be used is combination between quallitative and quantitative (*Mixed methods*

design). Creswell (2002, p. 552): “Mixed methods design is a procedure that collecting data, analyzing, and mixing both qualitative and quantitative in a single study to understand research problems. This design included in exploratory mixed methods that is research procedure that done using qualitative to explore and analyze a symptom which later collect and analyze quantitative data that related to qualitative data”.

Qualitative method was done to interpret the description of objective condition about counseling model that will be used in preparation for a quality generation of 12th grade student that free from drugs.

In this research, quantitative method used to analyze the enhancement of skill and ability that 12th grade student had. This enhancement is the result of how well counseling model was implemented. Counseling model implementation will be analyzed starting from condition which it has not being applied (pre test) and after getting intervention through training (an effort to implement counseling model) by given post test.

3.1 Population and Sample

Population that used in this research is 30 student which randomly selected then used as sample.

3.2 Instrument

Instrument that used to collect data are: a). Observation; b). interview; c). Questionnaire. Questionnaire here meant to review how far already the preparations to produce quality generation free of drugs were.

4. Research Result Discussions

Based on the interpretation of the result study above, here are the discussions:

4.1 Early Stages of Drafting Model

On this stage, researchers conduct: (1) *interview with the teacher* from Muhammadiyah school. From this interview, researchers know that teacher's ability to applying character counseling is lower than expected. The teacher not given any behaviour counseling to student yet. Learning process proceed as usual; teacher deliver subject according to curriculum (KTSP and RPP), (2) *assessment of student needs* in applying counseling model to increase characterize generation that free from drug abuse, so training is required to give knowledge and ability about how exactly applying counseling model are. Through precise tool and media that can support student in applying counseling model, the amount of characterize generation that free from drugs will increase; (3) *drafting model*, this research already succeed in applying a counseling model to increase the amount of 12th grade characterize generation that free from drug abuse. This model is one of the most effective approach, as an effort to enhance ability and skill that drug-free generation have; (4) *Experts judgement stage and observers and practitioners*. Based on experts assessment, observer, and practitioner, counseling model used as an effort for preparing a drug-free character generation. It means, this developed counseling model already fulfilled the aspects, such as validation of the contents, language, matter, grammar, preparation of model, guidance that used in a counseling model (for preparing characterize generation) to student. Revision and correction had done on the advice and input from the experts, observers, and practitioners. Also, it come from the result of processing data in Chapter 5; (5) *Counseling model result* to prepare characterize generation in form: (a) Counseling model guidebook that contain practical guide used in applying counseling model; (b) *Counseling model book contain matter* to prepare drug-free characterize generation. This book used for applying counseling model either inside the class or outside the class in a form of guidance model.

4.2 Stage of Model Implementation Result

First, hypothesis that stated "behaviour counseling model for preparing drug-free characterize generation" is truthfully accepted. It can be seen from enhancement skill and ability 12th grade student drug-free generation data analysis in Chapter 4 before the student divided into different treatment, Social and Science. Post test final result: after student obtain a treatment it shown enhancement from the post test result (post test 1: 4.85, post test 2: 1.33, post test 3: 4.84, post test 4: 9.39). Therefore, it concluded that student abilities in applying counseling model after obtain treatment through counseling model training effectively to prepare drug-free characterize generation for 12th grade student both Social and Science are increasing.

5. Conclusion

From research result and data analysis, it can be concluded that:

(1) Student ability after getting behaviour counseling model to prepare drug-free characterize generation showed a change of behaviour, attitude and skill in learning and blending in society.

(2) The fruitfulness in applying behaviour counseling model affect on ability and skill that 12th grade student have. The teacher's said that the average results are effective. This effective fruitfulness caused by the implementation of behaviour counseling model that adapted with 12th grade student necessities. Based on the obtained result and the enhancement of 12th grade student, it can be concluded that behaviour counseling model are effective to prepare drug-free characterize generation for 12th grade student both Social and Science in

(3) Statistical effect acquisition or effect of the enhancement showed a significant result, specifically 4.85 in post test I, 1.33 in post test II, 4.84 in post test III, and 9.39 in post test IV. Based on the data processing using both qualitative and quantitative method, behaviour counseling model could help in increasing the preparation of 12th grade Social and Science student drug-free characterize generation.

6. Recommendation

Based on research and conclusion above, here are some recommendation:

(1) Recommendation to implement Behaviour Counseling Model for preparing drug-free character is very important, so the teacher need to know what are student skills and necessities in order for them to develop optimally.

(2) It is a necessity to conduct an advance research for preparing the drug-free character so there will be more school that produces golden generation of student which is free from drug in 2020.

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