



The Effect of Counseling to Improve Children's Mentality in Education

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Abstrak

Dalam penelitian ini penulis mengambil judul Pengaruh konseling untuk meningkatkan mentalitas anak dalam pendidikan. Artikel ini bertujuan untuk mengkaji seberapa besar peran Lingkungan sekolah dan pengaruh konseling dalam meningkatkan mental peserta didiknya. Bimbingan dan konseling berguna untuk membantu peserta didik baik secara individu maupun kelompok mengenai permasalahan yang dihadapi agar terbentuk peserta didik yang mandiri dan bisa berkembang kearah yang lebih baik. Pengaruh terhadap peserta didik dengan adanya layanan bimbingan dan konseling, yaitu siswa dapat mengembangkan potensi diri, bakat dan minat serta mental sesuai apa yang diinginkan siswa, sehingga siswa dapat meningkatkan prestasinya baik akademik maupun non-akademik.

Kata Kunci : Peserta didik, guru, konseling, mental.

Abstract

In this study the authors took the title The influence of counseling to improve children's mentality in education. This article aims to examine how big the role of the school environment and the influence of counseling in improving the mentality of students. Guidance and counseling are useful for helping students both individually and in groups regarding problems that arise. Faced in order to form independent students and can develop in a better direction. The influence on students with the guidance and counseling services, namely students can develop their potential, talents and interests as well as mentally according to what students want, so that students can improve their performance well academic and non-academic.

Keywords : Students, teachers, counseling, mental.

Introduction

Guidance and counseling act as a forum to help students develop their potential towards independence. In addition, guidance and counseling also serves to provide understanding, prevention, alleviation, and maintenance and development. Guidance in principle is the provision of help or assistance. Guidance is a guide, meaning that in providing guidance when circumstances demand, it is the obligation of the supervisor to provide active guidance, namely by giving direction to those he or she guides. Walgito, (2010:5-6). Counseling (counseling) the main thing in the counseling process is problem solving. This means that counseling is assistance given to individuals or groups to solve a problem through interviews in a way that is appropriate to the situation being faced to achieve prosperity in life. Walgito, (2012:8).

So it can be concluded that the notion of counseling guidance is a series of activity processes whose main focus is on providing assistance provided by an expert in the field of counseling through face-to-face, either individually or in groups by providing knowledge in overcoming a problem that is being experienced by the counselee on a regular basis and systematic.

Mental health is a health related to the mental and emotional aspects of an individual.

Mental Health 1948 explains that mental health is a state that prioritizes the values and goals of individual development, especially in terms of emotions, physical or intellectual and is not inversely related in the sense that it does not deviate and does not interfere with the environment.

Like the organs of the body, the mental must also function properly and normally in every period of growth. Mental and psychological development normally and should be no less important than physical and physical development. Sometimes he feels sad, happy, emotional, laughing or hurt.

These kinds of things are normal in life. If we are experiencing this, then we will not feel comfortable in our activities.

The first education for a human being plays a very vital role. This education is created from the family and the environment or commonly referred to as secondary education. Therefore, schools play an important role. It is an institution that helps the educational process, especially regarding something related to academic and formal aspects. More than that, it can be embodied in the form of activities outside the classroom, such as how social interactions between friends and the environment can help shape the character of a student.

Methodology

Research methods

The research method is a scientific method used to obtain data for a specific purpose. The scientific word in the Big Indonesian Dictionary (KBBI) has a scientific meaning or fulfills the requirements (rules) of science so that the truth can be accounted for. Writing this journal is done through two categories of learning approaches: emotional approach and cognitive approach. The emotional approach is a learning approach that is used to contribute to control efforts. The use of the emotional approach is an attempt to arouse the feelings and emotions of students in receiving the material and being able to feel what is good and what is bad. Emotions are psychological symptoms that exist within a person.

Although the cognitive approach is a learning approach that focuses on the mind (Jhon W. Santrock, 2017). Therefore, as stated by Jhon W. Santrock, learning with a cognitive approach is important in the mental formation of children. There are four main approaches: the social cognitive approach, information processing, cognitive constructivism, and the social constructivist approach.

Research Step

The steps in this research are as follows:

1. The first is to think about what approach will be used in this research
2. After we think about the approach, then do research using literature study.
3. Literature study using literature (library), either in the form of books, notes, or reports of previous research results
4. Then after we did the research and then analyzed the data that we had obtained.
5. After the interview session was over, we compiled the data obtained and then made it into a mini research report.

The data collection technique in this research is to use the library technique is "library research carried out by reading, studying and recording various literature or reading materials that are in accordance with the subject matter, then filtered and poured into a theoretical framework. This technique is carried out in order to obtain data on the effect of improving children's mentality in education.

Findings and Discussion

Educational capabilities must be balanced with existing learning practices, because there are many ways to provide education to students. This is because the quality of education depends on how learning is carried out in an education system itself. Cognitive and interactive learning system that can trigger the spirit of teaching students to gain knowledge.

The teacher is an educator or mentor in a lesson who has a very important role in the development of students or their students. And teachers also have a responsibility to their students. In addition to being responsible to their students, the teacher also has a goal, namely to provide materials to students or students. In addition, the teacher also serves as a person who provides moral values and provides good attitudes and exemplifies good things that must be taught. and must also be

applied to students who aim to grow a good personality for their students. So that makes the teacher as a figure for his students.

The teacher as a figure for his students is the teacher as an example for his students, for example, if the teacher does negative things, surely the students will follow the negative behavior, but also if the teacher does positive things, the students will also do it. positive things. That is what is called a teacher as a figure for his students. In this day and age, there are so many things that affect mental development and mental health in children, so the role of teachers and parents of students can work together and produce and create conducive learning that is efficient and effective.

The teacher's role in overcoming mental health in their students is by knowing in advance a condition that allows them to know the development of all aspects of development, which includes, both physically, intellectually, and emotionally optimally for the development of others. After knowing the optimal conditions so that they can continue to interact with their students.

Definition of Mental Health

Mental health disorder is a condition in which a person has several mental illnesses or disorders that affect the person's feelings, behavior, and thoughts. This condition can be characterized by the emergence of a prolonged sense of depression, stress, excessive worry to be traumatic about something.

Mental health disorders in children make awareness decrease and tend to be late, and often experience events that are out of control. To deal with this disorder, the role of parents at home and teachers at school is needed to always support children with mental illness.

How to Improve Children's Mentality in Education

10 Ways to Maintain Children's Mental Health:

School is a place or center for seeking knowledge, insight, association, technology and others, as well as being the best means to train students mentally and physically properly. Schools also have an important role to play in cultivating children's character and character, in order to produce a generation of intelligent and noble character.

However, there are several things that can hinder the development of students, one of which is mental health disorders. The following are 10 ways to maintain student mental health that can be done in classroom learning activities, including:

1. Provide Character Education
2. Providing Counseling Through Counseling Guidance Teachers
3. Conducting Spiritual Activities in Class
4. Be a Good Example
5. Emphasize Discipline and Responsibility
6. Be a Good Listener
7. Giving Good Advice
8. Good Relationship between Teachers and Parents
9. Not Requiring Students to Get Good Grades in Every Subject
10. Protect students

Counseling Stages

In addressing some psychological problems, there are various stages that can be done by a counselor.

Reports. A counselor in his soul must be embedded in an attitude of concern and indifference to patients. Counselors are required to be skilled and responsive to the environment and the patient's condition. These skills must be possessed, because it is an absolute requirement in a counselor. A counselor must be able to flexibly respond to various problems and changes in the patient's attitude.

Not only that, he is also required to be able to read any signs of a shift in the expectations and perceptions of the counselee he is facing.

In particular, this must be faced with good intentionality. This is necessary because it is closely related to the capacity of a counselor in dealing with counselees who need their help. Therefore, the counselor must be quick to respond to all that is expressed by the counselee and respond swiftly and appropriately. Familiarity development. Counselors in schools are counseling guidance teachers who must monitor the condition of students at school and play a role in advancing or providing a forum for the potential of their students. In addition, the duties of a counselor or counseling teacher vary, whether complex or not depending on the needs of the school. Among the duties of the counselor: provide individual group counseling sessions.

Usually students will be called per group to discuss things or something to be achieved.

In the perspective of Sofyan Willis, in the educational process that uses counseling guidance activities there are several goals to be achieved. (1) development of potential, creativity, independence, religiosity and productivity of students optimally. (2) Presenting appropriate, fast and relevant solutions for all problems encountered, especially those that cause emotional stress (stress). Both are faced with being able to achieve in order to produce the ability of students to plan their future well and be resilient.

The following are the kinds of counseling guidance services implemented in schools such as information services. Information services are very important in guidance and counseling services. This service serves to provide information needed by students. According to Prayitno dan

Erman Amti said about information services, which aims to provide the information needed by students who need

help to solve their problems. This must be fulfilled so that students do not feel bored and bored when the teacher delivers counseling. The hope here is that students can be happier and more motivated to carry out activities and apply what is conveyed by the counselors.

Therefore, it is not surprising that Prayit considers that the counseling process is actually a consultation and problem solving service carried out by a counselor to a counselee in order to solve the problems he faces. It is difficult to describe to give a standard limit of normality to a person's personality. There are several expert opinions in describing the types of personality that can lead to social personality. As for efforts to describe humans as having good mental health, namely: free from symptoms.

As the first criterion of normal personality, it can be stated that the expression of a person's attitudes and traits is carried out with body language or gestures.

Second, emotional problems. In addition to learning problems, there is also a student problem that teachers need to pay attention to: emotional problems. Emotions can be divided into two parts: sensory and psychological. The first type is a condition that arises due to stimulation from external factors within the individual. This stimulus can be a sensation felt by the five senses, or sensations such as pain, drowsiness, satiety, and heat. The second type of psychic is closer to emotions that are formed from various underlying causes. Usually he shows emotions that become his needs and wants.

For example, children smile to show what they like. The inability to control children's emotions makes them cry if their feelings and desires are not immediately realized by their parents. Emotions can be expressed very well as a barometer of one's social status.

For example, when a child cries, it means he is asking his parents for attention. 21 This shows that emotions exist and play a very

important role. It reflects the state of one's soul.

Therefore, emotions must be balanced so that they can guide good attitudes and actions.

Third, hypoemotion itself affects individual athletic performance. This causes physical readiness for increasingly difficult activities, feelings of awkwardness and even stiffness, and ultimately causes language disorders such as stuttering. Third, emotion as a form of communication. Emotions come from facial expressions and body movements.

In this regard, Surya describes some symptoms of mental disorders at school:

First, the problem of learning disabilities.

The school plays its role as a substitute for the family. In school the teacher is the embodiment of parents. In addition, schools are also considered to have a role and responsibility in the counseling process for students in order to achieve the expected goals. In this regard, schools should try to provide a conducive climate and conditions in order to become facilitators for students to prepare themselves in the process of development in life. There is also Yusuf who says that individual mental health is influenced by the quality of the socio-emotional climate in schools. If the climate is not conducive, then the development of individual mental health will experience failure or obstacles. Despite all that, it's only natural for schools and teachers

must be wise and compassionate to their students because students in counseling should not be given a firm attitude but more inclined to comfort and comfort. This is what distinguishes the feed. Students should be guided and when students should be punished. These kinds of things are closely related to the elements of maturity interacting in the socio-cultural environment. community, personal, and able to achieve philosophical in life and encourage the level of faith and piety.

Conclusion

In this case, it can be concluded that counseling has a very important role for students, especially for children who are still at an early age, in order to know the mentality of a child towards the environment he has faced so far. By knowing the mentality of a student, an educator will also know what kind of learning is suitable to be given to these students.

Counseling is also useful for increasing a student's confidence in his own abilities, with increased confidence in students, a student will find it easier to increase his enthusiasm for learning at school.

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Profil Penulis

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