



The Counselor's Role in Helping Students Discover their Learning Styles

Yulianti¹, Erna Rahmawati Hatijah², Eliza Putriansyah³, Angga Widiyansyah Pratama⁴

Universitas Jambi

Corresponding Author. E-mail: yulianti@unja.ac.id ¹,

rahmaerna83@gmail.com ², Fceliza4@gmail.com

³, anggawidiyansyahp@gmail.com ⁴

Receive: 03/07/2023

Accepted: 17/07/2023

Published: 01/10/2023

Abstrak

Gaya belajar adalah metode sederhana untuk mengasimilasi, mengelola, menyimpan, dan menerapkan informasi. Guru dapat meningkatkan prestasi akademik siswa dengan memahami gaya belajar masing-masing siswa dan membantu mereka belajar sesuai dengan gaya belajar yang paling efektif bagi mereka. Hal ini mengakui bahwa setiap siswa memiliki tipe/gaya belajar yang unik, dan penggunaan gaya belajar yang tepat dapat memfasilitasi pembelajaran, pemrosesan informasi, dan komunikasi di dalam kelas. Oleh karena itu, siswa tidak boleh membatasi diri mereka hanya pada satu gaya belajar, melainkan menggabungkan pendekatan yang berbeda sesuai dengan kebutuhan mereka. Untuk itu, peran konselor sangat penting dalam membantu siswa menemukan gaya belajarnya.

Kata kunci: Konselor, gaya belajar, peran konselor

Abstract

Learning styles are simple methods for assimilating, managing, storing and applying information. Teachers can improve students' academic performance by understanding their individual learning styles and helping them learn according to the learning styles that are most effective for them. This recognizes that each student has a unique learning type/style, and the use of appropriate learning styles can facilitate learning, information processing, and communication in the classroom. Therefore, students should not limit themselves to just one learning style, but rather combine different approaches according to their needs. For this reason, the role of counselors is very important in helping students find their learning style.

Keywords: *Counselor, learning style, role of counselor*

INTRODUCTION

The functional context of the counselor is in the service area targeted at developing potential and helping clients become independent in taking results and options to create a useful, happy and community-oriented life. The services included are guidance and consultation services. Counselors are the caretakers of guidance and consultation services, especially in the field of formal and unofficial education (Eliasa, Imania Eva 2011). So it can be summarized that this counselor really helps students in optimizing their learning, of course in order to know students' learning styles so that they are effective and independent by means of guidance and counseling services, especially regarding education.

Individual learning style tendencies vary and are influenced by various factors. Learning style refers to the way individuals obtain, absorb, process and apply information, as well as how they express their behavior in their lives. Each person has a unique learning style, although it is possible that a number of people have similar learning styles. Learning style plays an important role in the educational process, and an appropriate and suitable learning style is one of the keys to student success in achieving good learning achievements. Therefore, it is important for students to be given guidance and support in finding out the learning style that is suitable for them, so that learning can be effective and educational goals can be achieved. Some examples of learning styles include, visual, auditive, and kinesthetic.

Learning styles also have an impact on students' academic achievement. To achieve satisfactory results in learning, it is important to understand and apply appropriate learning styles. Students who are not aware of their personal learning styles may achieve less than optimal academic

achievement (Ju et al., 2020). Success in learning depends on an individual's understanding of themselves, the extent to which the teaching approach matches their learning style, as well as recognition of their own potential and its impact (Marpaung, 2016).

Counselors play a very important role in helping students discover and recognize student learning styles so that students can develop their potential. In addition, by knowing their learning style, students can optimally receive and capture the information provided when learning activities take place according to their learning style.

METHOD

The method applied in writing this article is based on literature study. A literature review refers to a researcher's efforts to collect information that is relevant to the topic or problem that is being or will be investigated. This information can be obtained through studying various sources such as scientific works, research reports, scientific essays, theses, dissertations, regulations, decisions, bibliographic encyclopedias, as well as other written and electronic sources. The main aim is to gain insight into various aspects of problems that have been researched previously, so that research does not need to repeat the same problem (Kasbolah, 1992; Bintarto, 1992).

RESULT

According to regulation number 111 of 2014 article 1 paragraph 3 (Depdikbud, 2014) counselors become professional educators with a minimum educational qualification of Bachelor of Education (S-1) in the field of guidance and counseling and graduate from a professional instructor and counseling or counselor training course.

Slameto, 2000 (in Mange. Y, 2019) explains that counselors are professional

officers who have received intensive training at universities and colleges and spend time on guidance and consultation services. Apart from that, people also say that counselors are professional agents, meaning they have been formally prepared, by an approved educational institution or organization. They are specially trained to master a series of skills necessary for coaching and consulting work. Therefore, it can be stated that school counselors are created intentionally or are willing to become professional employees in terms of their knowledge, experience and personal qualities.

In this case, counselors work professionally, namely people who have been specially trained and trained to master everything related to good guidance and counseling in terms of expertise and insight, experience and counseling and personal guidance. Some of these are clearly prerequisites for becoming a counselor to achieve the goal of providing guidance services (Pane, 2016)

Therefore, we can conclude that the counselor is a professional expert. Minimum education Bachelor of Education (S-1) in the field of guidance and education will be responsible for assisting or providing career guidance relating to the problems faced by the counselee

Types of Learning Styles

In the daily activities of living the day, some individuals can easily obtain information through listening, while others need to take notes, and there are also those who have to take their own initiative. It illustrates variations in individual learning styles. Learning style is an approach that individuals apply to acquire knowledge. In the learning process, recognizing personal learning styles, such as visual, auditory, or kinesthetic, is an important first step. (Hasrul, 2009 in Rumble S and Yarni 2019)

1. Visual learning style

Visual learning style is an approach to the learning process that focuses on the use of visuals, such as pictures, diagrams or graphs, to help students understand and remember lesson material. In this learning style, students process information more effectively when they see and observe lesson material. This can help improve students' concentration and understanding of the topics studied. In this case, attention focused on the learning object is very important. (Kartono 1996: 111 in Rambe S, et al. 2019)

The visual learning style helps students focus their observations on lesson material by involving the process of seeing, paying attention and observing the learning subject. By reading, observing, and focusing on learning objects, students can more easily understand the material. This view is reinforced by Ahmad and Supriyono (2004 in Rambe S et al. 2019) who say that individuals with a visual type tend to learn quickly when material is presented in written form, tables, diagrams or pictures, which means they are more effective in understanding the material by how to see it. Visual learning style involves the use of pictures, diagrams, illustrations, demonstrations, or videos in the learning process (Ula, 2013, Rambe S et al, 2019).

2. Auditory learning style

This learning style is often called the auditory learning style. Individuals with a listening style rely on their hearing (ears) in learning. The auditory learning style prioritizes the listener's senses. Learning through listening can be applied through listening to voice recordings, lectures, questions and answers, speeches, and verbal directions (in the form of commands and advice) (Ula, 2013, Rambe S, et al. 2019). Students with an auditory learning style will easily absorb, process and communicate

information through direct listening. Students with this type of learning have a tendency to learn and obtain information and insight through listening or speaking. Students with the auditory learning type have advantages in listening abilities.

For students who apply auditory learning methods, hearing plays a very important role because in the auditory system there are several important components such as the earlobe, ear canal, eardrum, tympanic membrane, anvil, and the eardrum. The auditory drum picks up sound vibrations and transmits them through the auditory ossicles such as the hammer, anvil, and stapes. Furthermore, the ear has a cochlear structure and three semi-circular canals. This hearing aid helps transmit sound stimuli to the brain, where the stimuli are processed as information. (Kartono, 1996: 39 in Rambe S, et al. 2019).

3. Kinesthetic Learning Style

Kinesthetic learning style is one of the student learning styles that influences their academic success. In this research, it was concluded that the kinesthetic learning style had a positive impact on students' academic success. The research results show that the higher the application of the kinesthetic learning style, the higher the student's learning achievement. In addition, this research states that the impact of kinesthetic learning style on academic success is quite strong, with a coefficient of 0.148. (Sugiyono, 2007 in Prayitno, 2008: 78 in Rambe S, et al. 2019)

The kinesthetic learning style involves learning with physical activities and direct participation including managing movement, touch, sensation, or direct experience of the individual (Ula, 2013). Students who tend to have a kinesthetic learning type prefer to learn and obtain information with physical activities or touch. Effective learning outcomes can be achieved by students through the use of movement or

touch. According to De Porter and Hernacki (Deporter 2000 in Wahyuni Y. 2017) students with a kinesthetic learning style have characteristics including speaking at a slower speed, difficulty remembering instructions if they have never visited that place, a tendency to memorize while walking or looking, moving their fingers to guidance when reading, difficulty sitting still for long periods of time, handwriting skills that may not be good, tend to always move physically, and prefer to take physical actions in the learning process (Wahyuni Y. 2017).

The Counselor's Role is Helping Students Discover Learning Styles

Two people who grow and develop in the same environment do not necessarily have the same understanding, thoughts and opinions regarding events around them, each of these individuals definitely has a different perspective in responding to things, this perspective is what we can call learning styles (Kapandra, 2014 in Lutfiyah, N. H & Fahyuni, E. F 2023). In finding learning styles, the role of guidance and counseling teachers is very necessary to help students. Guidance and counseling teachers must pay more attention to what services they can provide so that they can help students find their learning styles so that students become motivated to be enthusiastic about learning (Permana, S. A 2020).

In helping students find their learning styles, guidance and counseling teachers can collaborate with subject teachers, because subject teachers are people who often meet their students in class. (Dewi Ketut Sukardi. 2000 in Adriani, M. et al. 2013) said that the services provided by counseling guidance teachers will run well if counseling guidance teachers can work together with their subject teachers. However, guidance and counseling teachers should be better able to understand students' needs in various fields, one of which is learning (Nursalim, 2022 in Sugianto, A. et al. 2023).

CONCLUSIONS

A person's learning style and type is very diverse. Every individual has a different learning style and type, but there may be people who have the same learning style or type. These learning styles include: (1) Visual learning style, (2) Auditory learning style and (3) Kinesthetic learning style. Apart from that, counselors have an important role in helping students discover and recognize students' learning styles, so that students can develop their potential and abilities. Apart from that, the role of guidance and counseling teachers in helping students find their learning styles, among others, guidance and counseling teachers must pay more attention to what services are provided so that they can help students find their learning styles and the students are motivated to be enthusiastic about learning and guidance and counseling teachers can collaborate with teachers. subjects, because subject teachers are people who often meet their students in class.

REFERENCES

- Adriani, M. dkk. 2013. Kerjasama Guru Bimbingan dan Konseling dengan Guru Mata Pelajaran dalam Mengembangkan Cara Belajar Siswa. *Jurnal Ilmiah Konseling. Vol 2 (1). Universitas Negeri Padang.*
- Afifah Nur Inayah. 2021. Pentingnya Mengetahui Gaya Belajar Siswa SMAN 1 Kediri Dalam Proses Pembelajaran. Sinkesjar
- Bintarto, HR.1992. *Perangkaan Penelitian.* Yogyakarta.
- Depdikbud. 2014. *Peraturan Menteri Pendidikan dan Kebudayaan Republik Indonesia Nomor 111 tahun 2014 tentang Bimbingan dan Konseling pada Pendidikan Dasar dan Pendidikan Menengah.* Jakarta:
- Depdikbud.
- Eliasaimana Eva. 2011. MENJADI KONSELOR PROFESIONAL : SUATU PENGHARAPAN. Training Calon Konselor: Hima PPB FIP UNY
- Kasbolah, Kasihani. 1992. *Studi Kepustakaan. Forum Penelitian.* 4(1-2): 179-185
- Lestari S dan DjuhanWidda M. 2021. ANALISIS GAYA BELAJAR VISUAL, AUDIOTORI DAN KINESTETIK DALAM PENGEMBANGAN PRESTASI BELAJAR SISWA. IIPSI: Jurnal Ilmiah Ilmu Pengetahuan Sosial Indonesia Nomor 1 Volume 1
- Lutfiyah, N. H & Fahyini, E. F. 2023. Peran Konselor Bimbingan Konseling dalam Pengenalan Gaya Belajar Siswa di Era New Normal. *Teraputik : Jurnal Bimbingan dan Konseling.* Vol 7 (1). Universitas Muhammadiyah Sidoarjo.
- Mange. Y. 2019 Pengaruh Persepsi Konselor sebagai Polisi Sekolah terhadap Motivasi Siswa Untuk Mendapatkan Pelayanan Bimbingan dan Konseling pada Siswa SMA NEGERI 2 BARRU. *Jurnal Bimbingan dan Konseling.* 6 (1)
- Marpaung, J. (2016). *Pengaruh Gaya Belajar Terhadap Prestasi Belajar Siswa.* KOPASTA: Jurnal Program Studi Bimbingan Konseling, 2(2), 13–17.
- Pane, R. 2016. Kompetensi Kepribadian Konselor dalam Pelaksanaan Bimbingan dan Konseling Islam. *Hikmah,* 10 (2)
- Permana, S. A. 2020. Peran Guru BK dalam Meningkatkan Keterampilan Belajar dan Motivasi Belajar Siswa. Syifaul Qulub : *Jurnal Bimbingan dan Konseling Islam.* Vol 1 (2). STKIP Muhammadiyah Sungai Penuh.

- Priyatno, D. 2008. Mandiri Belajar SPSS. Yogyakarta: Media Kom.
- Rambe Soleh M dan Yarni N. 2019. PENGARUH GAYA BELAJAR VISUAL, AUDITORIAL, DAN KINESTETIK TERHADAP PRESTASI BELAJAR SISWA SMA DI ANDALAS PADANG. Jurnal JRPP, Volume 2 Nomor 2.
- Sugianto, A. dkk. (2023). Peran Guru Bimbingan dan Konseling dalam Analisis Profil Gaya Belajar Siswa Sebagai Need Assesment Pembelajaran Berdiferensiasi. G-COUNS : Jurnal Bimbingan dan Konseling. Vol 7 (2). Universitas Lambung Mangkurat.
- S. Shoimatul Ula, REVOLUSI BELAJAR Optimalisasi Kecerdasan melalui Pembelajaran Berbasis Kecerdasan Majemuk, (Yogyakarta: Ar-Ruzz Media, 2013), 31.
- Ula, S.S. 2013. *Revolusi Belajar: Optimalisasi Kecerdasan Melalui Pembelajaran Berbasis Kecerdasan Majemuk*. Yogyakarta: Ar Ruzz Media.
- Wahyuni Y. 2017. IDENTIFIKASI GAYA BELAJAR (VISUAL, AUDITORIAL, KINESTETIK) MAHASISWA PENDIDIKAN MATEMATIKA UNIVERSITAS BUNG HATTA. JPPM Vol. 10 No. 2