



# THE EFFECTIVENESS OF GROUP GUIDANCE WITH THE TERAS PHILOSOPHY APPROACH TO INCREASE CONFIDENCE FACING THE WORLD

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Article history:		Abstract:
<b>Received:</b>	1 <sup>st</sup> June 2022	The purpose of this study was to test the effectiveness of group guidance services with the Teras Philosophy approach being able to increase self-confidence in facing the world of work for Semester VII Students of the Guidance and Counseling Study Program FKIP Unisri Academic Year 2021/2022. The research method used pre-experimental pre-test post-test design. The data analysis technique uses the Paired Simple test. The level of confidence in facing the world of work can be increased through the provision of group guidance services with a Teras philosophy. The level of confidence in facing the world of work for students increased by 16.13%. Wilcoxon's test that for the group obtained $Z = -2,497$ , with a significance level of 0.013. then the result is significant. This research produces the basic principles of technology, formulation of concepts and applications of technology, to proof of concept research with TKT 3 indicators.
<b>Accepted:</b>	1 <sup>st</sup> July 2022	
<b>Published:</b>	4 <sup>th</sup> August 2022	
<b>Keywords:</b> Group Guidance With Teras Philosophy, Confidence in Facing the World of Work		

## 1. INTRODUCTION

One of the developmental tasks that must be carried out in early adulthood is to start working and prepare for a position. Final year students are undergraduate candidates who are expected to have their goals in carrying out the next developmental task in life, namely being able to work in a field of work that matches their interests and abilities.

Competition in the world of work is increasing from year to year. Especially when observing a number of problems that often arise, the truth of which still needs to be accounted for. Many undergraduates from state universities are unemployed, especially private universities. This further adds to the students' distrust to compete in the world of work, given the limitations they have, when compared to other teenagers in general.

Angelis (2000:10) suggests that self-confidence is needed in all aspects of life, especially in dealing with the world of work.

Self-confidence is a belief in the human soul that any life challenge must be faced by doing something. If an attitude of distrust in the face of an unrealistic world of work is developed in the individual, it will hinder the individual from achieving his goals and hopes to get a job.

Confidence in facing the world of work referred to in this study is a belief in the individual in all his potential and abilities to face challenges and work competition in order to get the desired job. Confidence in facing the world of work can be indicated in various aspects, namely aspects of talent, interest, insight and knowledge, skills, intelligence and skills. These six aspects are individual potentials that can equip individuals to face the world of work, thereby increasing self-confidence in facing the world of work.

From the above understanding, it can be understood that there is a belief in an individual in all his potential and abilities to face challenges and work competition in order to get the desired job.

From the results of the author's interview, there are symptoms of an attitude of distrust in facing the world of work for Semester VII Students of the Guidance and Counseling Study Program FKIP Unisri for the Academic Year 2021/2022, namely; 1) According to students, the choice of work has many competitors that make students less confident in getting the job so that students don't know what else to work for, 2) Limitations in various aspects of life, both mental, physical, economic, middle socioeconomic family down and the lack of information related to employment that must be entered after graduating from college, 3) The demands of parents that require students to work according to the wishes of their parents, but the work demanded by parents is not in accordance with the interests of students because students already have a choice of jobs that match their interests and competencies.

Group guidance is one of the services in guidance and counseling, where the counseling service teacher acts as a group leader and students act as group members which is limited to 10 to 15 people and its implementation through

four stages. The purpose of group guidance is personal development and in-depth discussion of general topics that are beneficial to group members by taking advantage of group dynamics.

Teras Philosophy is an ancient Greco-Roman school of philosophy that is more than 2000 years old, but is still relevant to the human condition today. The emphasis of this core philosophy approach is on S-T-A-R (Stop – Think and Assess – Respond).

Starting from the background as above, the author will present the Effectiveness of Group Guidance with a Teras Philosophical Approach to Increase Confidence in Facing the World of Work for Semester VII Students of the Guidance and Counseling Study Program, FKIP Unisri Academic Year 2021/2022.

## **2. RESEARCH METHOD**

Research methods are very important in research, the accuracy of using methods that are in accordance with the object of research and the objectives to be achieved so that research can run well, directed, and systematically.

In this study, the type of research used was pre-experimental designs in the form of one-group pre-test-post-test design. In this design there is a test (Self Confidence Attitude Scale in Facing the World of Work) before being given treatment (group guidance with the Teras Philosophy Approach) and a test after being given treatment.

This research consists of two variables, namely the independent variable (independent) and the dependent variable (dependent). So the independent variable is the variable that influences. The independent variable is group guidance with the Core Philosophy Approach (X). The dependent variable is the attitude of Confidence in Facing the World of Work (Y).

The sample in this study was Semester VII Students of the Guidance and Counseling Study Program FKIP Unisri for the Academic Year 2021/2022 who had low self-confidence in facing the world of work. In this study, the selection of research subjects was taken by random or random method

The data that will be revealed in this study are in the form of psychological constructs or concepts that describe aspects of personality, the researchers used a psychological scale. This scale is used to collect data on the attitude of Confidence in Facing the World of Work for the Seventh Semester of the Guidance and Counseling Study Program of the FKIP Unisri Academic Year 2021/2022 in the form of an attitude scale of Confidence in Facing the World of Work.

To find out the extent of Confidence in Facing the World of Work possessed by Semester VII Students of the Guidance and Counseling Study Program, FKIP Unisri Academic Year 2021/2022, it is necessary to conduct a measurement in this case using an attitude scale. Likert scale is used to measure attitudes, opinions, and perceptions of a person or group of people about social phenomena. Social phenomena are determined by researchers, hereinafter referred to as research variables.

The validity test used in this study is the internal validity test, namely by correlating the score of each instrument item in the total score. The price suitability obtained from the calculation using the above formula was consulted with the product moment price table with a significance level of 5%. If  $>$  then the item of the instrument is said to be valid. It was found that from the 92 items of the self-confidence scale to face the world of work, the error level was 5% with  $N = 20$ , the  $r$  value was 0.444. After being tested, there were 14 invalid items, namely items numbered 13, 22, 35, 44, 48, 49, 52, 56, 61, 63, 70, 77, 85, and 91. Of the 14 invalid items, 13 items Among them are spread, meaning that each indicator is still representative, so the invalid items are not used, except for item 44, because the sentence structure must be corrected and not omitted. So, the number of items that will be used is 79. To measure the reliability of the instrument in this study using the Alpha formula. An instrument is declared reliable if it has a value of  $r_{11} > r_{table}$  at a significant level of 5%. Overall, the reliability coefficient ( $r$ ) is 0.585. At the 5% significance level with  $N = 20$  obtained  $r > r_{table}$ , with  $r$  of 0.444. Thus, it can be concluded that the confidence scale in facing the world of work is reliable.

In this study, the data analysis technique used the Wilcoxon Match Pairs Test, namely by looking for differences in the mean pre-test and post-test.

## **3. RESULTS AND DISCUSSION**

This chapter will describe the results of research and discussion regarding the effectiveness of group guidance with a core philosophy approach that can be used to increase confidence in facing the world of work.

### **A. Research Results**

Based on the results of the pre-test calculation that 10 students had self-confidence in facing the world of work before being given group guidance with a core philosophy approach, there were 4 students who had a high level of confidence in facing the world of work (the score was at intervals of 68.0% % 84.0%. There are students in the category of 3 medium students and 3 students in the low category.

The treatment in this study was group guidance with a core philosophy approach which was carried out for 6 meetings. The implementation of group guidance with a core philosophy approach for each meeting can be explained as follows:

#### **1) First Meeting**

It will be held on Friday 11 March 2022 at Unisri transit. The first meeting put more emphasis on the formation stage and the transition stage by introducing themselves to each other and providing an explanation of the purpose of holding group guidance activities and explaining how to implement group guidance.

Giving material by asking group members about what they know about talent. The material discussed at the first meeting was about the introduction of talents and interests, which included understanding talents and interests, types of talents, characteristics of someone who has talent, how to develop talent and talent relationships in increasing confidence in facing the world of work.



## **2) Second Meeting**

Held March 25, 2022 in the H2.2 UNISRI building. At the second meeting, the material was about understanding emotions, various emotions, how to train emotions and how to control emotions. This material is given to increase self-confidence to face the world of work, namely an indicator of feeling control.

The emphasis of the core philosophy approach in this material is on S-T-A-R (Stop – Think and Assess – Respond). Once we feel insecure, we must consciously stop first, After stopping the emotional process for a moment, we can actively think, Respond after we use reason, try to be rational in observing the situation and hopefully now the emotions have dropped a little, then we think about the response what are we going to give.

## **3) Third Meeting**

Held at the UNISRI BK study program laboratory on April 8, 2022. At this third meeting, the material discussed was developing communication skills which contained the understanding of communication and the important role of communication in life, especially in increasing confidence in facing the world of work.

## **4) Fourth Meeting**

Taking place at Unisri transit on April 22, 2022. The material at the fourth meeting was about how to understand one's strengths and weaknesses. Starting with the understanding of advantages and disadvantages, various advantages and disadvantages of self

Students are asked to prioritize at least five words that (a) best describe themselves, (b) and five words that do not best describe themselves, then are asked to ask other students' opinions about each of them in smaller group sessions. . Students write conclusions based on their own assessments and the input they get from their friends.

## **5) Fifth Meeting**

Taking place at the UNISRI BK Laboratory on May 13, 2022. At the fifth meeting the issues discussed were about various kinds of skills needed by companies, which consisted of understanding skills, the relationship between skills, abilities and intelligence in determining success in a job, various kinds of skills. skills that employers are looking for today

## **6) Sixth Meeting**

On May 20, 2022 at the UNISRI BK Laboratory. At this meeting, the material discussed was career success tips, which consisted of career definition, factors that influence career choice and personal characteristics of success. As the closing stage of this activity, the group leader: 1) Stated that the activity would end soon; 2) Group leaders and group members share impressions and results of activities; 3) Express messages and expectations; 4) Closing prayer.

That between before and after the provision of group guidance services there was an increase in the level of confidence in facing the world of work, the overall level of confidence in facing the world of work for the group increased by 16.13%. that between before and after the provision of group guidance services there was an increase in the level of confidence in facing the world of work. The level of confidence in facing the world of work for the group increased by 16.13%..

The results of the Wilcoxon test on the group revealed that they were confident in facing the world of work in the significant category (with a predetermined significance level of 5% or an error level of 0.05). It is shown that for the group obtained  $Z = -2,497$ , with a significance level of 0.013. Because  $0.013 < 0.05$ , the results are significant, namely there is a significant difference between before and after receiving group guidance services. Thus  $H_a$  is accepted and  $H_o$  is rejected.

## B. DISCUSSION

The level of confidence in facing the world of work can be increased through the provision of group guidance services with a core philosophy. This can be seen from the increase in the level of confidence in facing the world of work, the overall level of confidence in facing the world of work for the group has increased by 16.13%. that between before and after the provision of group guidance services there was an increase in the level of confidence in facing the world of work. The level of confidence in facing the world of work for the group increased by 16.13%. The Wilcoxon test results also showed that for the group,  $Z = -2,497$ , with a significance level of 0.013. Because  $0.013 < 0.05$ , the results are significant, namely there is a significant difference between before and after receiving group guidance services. Thus  $H_a$  is accepted and  $H_o$  is rejected

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Group guidance services are effective to increase students' confidence in facing the world of work. By getting group guidance, students as group members can learn to speak, argue, debate, discuss, and learn to express feelings, show concern for others, gain various experiences, practice communicating and adapt, so that this process can gradually increase trust. themselves to face the world of work. The material packaged in the group guidance service also supports students' self-confidence in facing the world of work.

With group guidance services provided for six meetings containing material on identifying talents and interests, how to direct and control emotions, develop communication skills, understand one's strengths and weaknesses, find out the skills that are most sought after by companies today, a, tips for success in job interviews and tips for success in careers are very appropriate and needed by students in general. Through intensive group dynamics, discussion of these topics encourages the development of feelings, thoughts, perceptions, insights, attitudes that support the realization of more effective behavior and increased confidence in facing the world of work in students so that they are more prepared to compete in the world of work.

## 4. CONCLUSION

Based on the results of the study, empirical data was obtained on the confidence in facing the world of work for the seventh semester students of the Guidance and Counseling Study Program of the FKIP Unisri Academic Year 2021/2022 before being given Group Guidance with a Terrace Philosophy Approach. From the results of the pre-test calculation that there are 4 students who have a high level of confidence in facing the world of work (the score is at the interval of 68.0% % 84.0%). There are students in the category of 3 medium students and 3 students in the low category.

The treatment in this study was group guidance with a core philosophy approach which was carried out for 6 meetings. After receiving treatment in the form of group guidance, the percentage level of confidence in facing the world of work for the group increased by 16.13%. that between before and after the provision of group guidance services there was an increase in the level of confidence in facing the world of work. The level of confidence in facing the world of work for the group increased by 16.13%. The Wilcoxon test results also showed that for the group,  $Z = -2,497$ , with a significance level of 0.013. Because  $0.013 < 0.05$ , the results are significant, namely there is a significant difference between before and after receiving group guidance services. Thus  $H_a$  is accepted and  $H_o$  is rejected

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