
GUIDANCE AND COUNSELING IN JUNIOR HIGH SCHOOL (SMP) AND HIGH SCHOOL (SMA)

Nina Milaturokhah, Muhammad Yoga Nugraha

Islamic Education Counseling Guidance, Faculty of Tarbiyah, IAI Bunga Bangsa Cirebon, Indonesia

ninaamilaa7@gmail.com

Abstract

This study aims to describe Guidance and Counseling (BK) held in Junior High School (SMP) and Senior High School (SMA). The results showed: (1) Junior High School (SMP), (2) Senior High School (SMA), (3) guidance and counseling, (4) material and equipment for secondary school guidance and counseling. Guidance and counseling students are expected to understand to realize the goals of guidance and counseling optimally.

Keywords: Guidance and Counseling; Junior High School; High School

Introduction

Puberty is a period of progress from pre-adulthood to adulthood. In pre-adulthood, there are many changes in individuals, such as mental, physiological, and biological changes. Puberty is often alluded to as a period of character searching, so they look for a lifestyle that suits themselves and what they often do by experimenting. There are various types of juvenile delinquency such as smoking, drinking, casual sex, stealing money or other people's belongings, skipping school, fighting, bullying classmates, or other things that have violated the norm (Amelia et al., 2022).

For junior high school (SMP) students whose average age is between 13-16 years, they are entering adolescence, and this pandemic situation and conditions are not easy to pass. Boredom and boredom may be felt pressing, especially if at home there is a change in the situation with parents who are forced to work from home (WFH), or even their parents experience termination of employment (layoffs). The availability of internet access and quota assistance for learning from the Government through the Ministry of Education and Culture has helped students to take part in online learning on the one hand, but it needs to be watched out for this access as well as opportunities for students to surf in cyberspace without limits, which can change the behavior and attitudes of adolescents. As the next generation of the nation, it is the duty of adults to direct them to positive behavior and attitudes. Knowledge and attitude are predisposing factors found in a person that motivate them to act, both positively and negatively. Many teenagers show positive behavior and excel in various fields, but many of them also behave negatively such as smoking, using drugs, and brawls. The research on adolescents aged 15-17 years was conducted in 2015 in Bekasi (Suratmi et al., 2021).

The above shows the importance of treatment to reduce the rate of juvenile delinquency. One of them needs to be held guidance and counseling for adolescents, namely at the Junior High School (SMP) and High School (SMA) stages. Through the guidance provided, counselors play an important role in managing adolescent deviant behavior. By conducting counseling optimally for adolescents, counselors will help adolescents be aware to behave well according to applicable norms. And this process of guidance and counseling helps adolescents to know their existence. With this awareness, adolescents will live with dignity while being able to benefit others and their surroundings. With the aim of creating happiness in the world and in the hereafter.

Research Method

Research carried out uses literature research so the method used in research is literature study. Specific characteristics that are used as a basis for developing research knowledge include; This research is faced directly with the data or text presented, not with field data or through eyewitnesses in the form of events, researchers only deal directly with sources that already exist in the library or ready-to-use data, as well as secondary data used (Pringgar & Sujatmiko, 2020)

Mendes, Wohlin, Felizardo, & Kalinowski, stated that the literature research process is carried out by reviewing the literature and analyzing relevant topics combined. Literature research can utilize sources in the form of journals, books, dictionaries, documents, magazines, and other sources without conducting field research (Pringgar & Sujatmiko, 2020)

To obtain the required data, researchers use documentation study techniques. The reasons researchers use documentation study techniques as research are 1) documentation studies are a stable, knowledge-rich, and encouraging source for readers; 2) has a natural nature, and is appropriate to the context; 3) relatively cheap and not difficult to find, it only takes time; 4) the results of content studies can open opportunities for readers to expand the knowledge being investigated (Anggito in Fatimah et al, 2021: 2472). Researchers read, write research notes, and conclude all information material obtained until it becomes a journal. The data analysis carried out is using content analysis. Processing information materials that have been collected in the form of research journals, books, and other supporting documents to become a journal.

In this research stage, the author collects literature research such as scientific papers, scientific journals, books, papers, and other sources. Then the author uses technical documentation, namely finding and making relevant material from several books, journals, news, and reliable ones, both manually and digitally. Keywords in searching for research articles are "Guidance", "counseling", "High School", and "High School (SMA)". A total of 8 journal articles and 4 books discussing secondary school guidance and counseling related to research topics were published in Indonesian.

Result And Discussion

Adolescence is a period of development from adolescence to puberty. Juvenile delinquency arises because of the helplessness of adolescents to manage the juvenile coaching tasks that must be fulfilled. During the youth phase, many things change in children, both mentally and physically. Adolescents are no longer children but have not been able to bear the burden of responsibility like adults because indeed today there is a surprise in every teenager, especially in letting go of old traits and acquiring new qualities to arrive at development. This must be seen in the daily behavior of adolescents both at home, at school, and in the surrounding environment which is unmistakable in the way young people behave towards other genders (Robigo et al., 2022) The age range of adolescents is 10 years to 21 years according to some experts (Diananda, 2019). This age is the vulnerable age of Junior High School (SMP) and High School (SMA) students based on the national education system can be seen schematically in Figure. 1

	USIA AGE	PENDIDIKAN SEKOLAH SCHOOL EDUCATION		PENDIDIKAN LUAR SEKOLAH OUT OF SCHOOL EDUCATION	
HIGHER EDUCATION	>22	PERCURUAN TINGGI / PTAI PASCASARJANA HIGHER EDUCATION / ISLAMIC HE POST-GRAD		NONFORMAL	INFORMAL
	19-22	PERCURUAN TINGGI / PTAI SARJANA / DIPLOMA HIGHER EDUCATION / ISLAMIC HE GRAD / DIPLOMA			
SECONDARY EDUCATION (8 YEARS) 16-18 YEARS OLD UNIVERSAL EDU- CATION	16-18	ATAS GENERAL		MACANG APPRENTICESHIP	KURSUS - COURSE
		MA ISLAMIC	SMA GENERAL		
BASIC EDUCATION (COMPULSARY 9 YEARS) 7-15 YEARS OLD	13-15	MTS ISLAMIC JUNIOR SECONDARY SCHOOL	SMP JUNIOR SECONDARY SCHOOL	PAKET C PACKAGE C	PENDIDIKAN KELUARGA - FAMILY EDUCATION
	7-12	MI ISLAMIC PRIMARY SCHOOL	SD PRIMARY SCHOOL	PAKET B PACKAGE B	
EARLY CHILDHOOD EDUCATION (ECED) <6-7 YEARS OLD	4-6	BA / RA ISLAMIC KINDERGARTEN	TK KINDERGARTEN	KELOMPOK BERMAIN PLAYGROUP	
	0-3			PENITIPAN ANAK DAY CARE CENTRE	

Picture. 1 National Education System (Lengkap, 2016).

About 45 years ago guidance and counseling (at that time guidance counseling) were declared an integral part of the formal education system in schools, precisely since the implementation of the Junior High School (SMP) and Mengah Atas School (SMA) curriculum in 1975 (Hartono, 2020).

Junior High School (SMP)

Junior High School (SMP) is a transition period between childhood and adulthood, at this time adolescence is very vulnerable to negative influences, but in addition, adolescence is a good time and has the potential to be developed and directed towards a period of healthy development. Correct time management is necessary in adolescent life because sociologically, adolescents are in a state that is vulnerable to external influences. Adolescence is a time when the process of self-discovery is being carried out so that at this time adolescents are easily swayed and still find it difficult to make decisions in life independently. Young adolescents are influenced by the lifestyle of the surrounding community and on (Yanti et al., 2020)

High School (SMA)

In the national education system, high school is a general secondary education service. This service is a continuation of the basic education level. The existence of the high school is stated in Law No. 20 of 2003 article 18 paragraph 3 which states that "Secondary education is in the form of high school (SMA), madrasah aliyah (MA), vocational high school (SMK), and madrasah aliyah vocational (MAK), or other equivalent forms." High school education is a continuation of the basic education level, namely SMP / MTs or other equivalent forms. The existence of high school has differences with other secondary education units. Compared to other types of secondary education, high school specifically emphasizes efforts to prepare students physically and mentally to continue their education to the higher education level (Dami, 2018)

Guidance and counseling

Counseling is a two-way interaction process between BK teachers/counselors and students/counselors in a helpful relationship setting. Helpful relationships are characterized by the establishment of communication so that the counselor feels comfortable and safe. Skills in counseling communication are called basic counseling skills. The implementation of counseling is also carried out using special techniques. Specific techniques are designed and designed based on theories and applications so as to realize a counseling performance structure and are called counseling techniques. Basic skills and counseling techniques are basically activities and/or a series of activities carried out by BK teachers/counselors that have an impact on counseling (Konseling et al., 2017)

BK teachers have the task of facilitating each student in the form of guidance and counseling services so that they are able to follow learning optimally by utilizing learning resources in an effort to develop their potential towards the realization of ownership of a certain skill needed by the global community. Thus, the position of BK teachers as an important aspect in the implementation of the formal education system in schools that play a role in organizing guidance and counseling services that are independent of students as counselors National Seminar & Workshop Paper, The Existence of the Role of HOTS-Based Guidance and Counseling in the New Normal Era, 15-17 June 2020 4 Ministry of National Education in (Hartono, 2020).

National ideals are contained in Article 31 paragraph (3) of the Constitution of the Republic of Indonesia ((Hartono, 2020) mandated as follows. "The government seeks and organizes a national education system, which increases faith and piety and noble morals in order to educate the life of the nation, which is regulated by law". in an effort to realize Indonesia's vision 2045, namely advanced Indonesia (Hartono, 2020).

The importance of guidance and counseling as part of the education system in Junior High School (SMP) and Senior High School (SMA) is shown in its role in guidance and counseling that directs students to think independently. Optimizing the guidance and counseling process provided by professionals and accompanied by management will be able to optimize students toward national goals.

Guidance and Counseling Materials and Supplies in High School

a. SMP counseling guidance materials

In the framework of Strengthening Character Education (PPK), namely the educational movement in schools to strengthen the character of students through harmonization by the heart (ethics), sports taste (aesthetics), sports thought (literacy), and sports (kinesthetic) with the support of public involvement and cooperation between schools, families, and communities which is from the National Mental Revolution Movement (GNRM). The implementation of KDP can be classroom-based, school culture-based, and community-based (family and community). In order to support the policies of the KDP movement, this module integrates five main elements of KDP, namely religious, nationalist, independent, gotong royong, and integrity (Konseling et al., 2017)

b. High School counseling guidance materials

The learning process in guidance and counseling covers the areas of personal life development, social life development, learning ability development, and career development. Personal life development is a field of service that helps students/counselors in understanding, assess, and develop potential and skills, talents and interests, and conditions in accordance with personality characteristics and their needs realistically. Social life development is a field of service that helps students/counselors in understanding and assess and develop the ability to have healthy and effective social relationships with peers, family members, and residents of the wider social environment. Development of learning life, which is a field of service that helps students/counselors develop learning skills in order to follow school/madrasah education and learn independently. Career development is a field of service that helps students/counselors in understanding and assess information, as well as choose and make career decisions (Konseling et al., 2017)

c. Counseling Guidance Kit

Instruments are developed based on facilities and infrastructure in accordance with (Education & Indonesia, 2014) concerning Guidance and counseling in Elementary and Secondary Schools, including (1) workrooms as well as individual counseling rooms, (2) living rooms, (3) group guidance and counseling rooms, (4) data rooms, (5) library counseling rooms (bibliocounseling) and (6) other rooms in accordance with the development of the guidance and counseling profession. Data analysis in this study is by using descriptive statistics (Fitria et al., 2021)

Conclusion

Junior High School: In junior high school, students are in a transition period between childhood and adulthood. This is a time prone to negative influences and is also a good time to develop. Correct time management is necessary for adolescent life to avoid negative influences. During middle school, teenagers are searching for their identity and it is still difficult to make decisions independently.

Senior High School (SMA): Senior High School is a general secondary education level which is a continuation of the basic education level. The high school specifically prepares students physically and mentally to continue their education to the higher education level. Education in high school has differences from other types of secondary education.

Guidance and counseling: Guidance and counseling is a two-way interaction process between BK teachers/counselors and students/counselors. Counseling is conducted in a helpful relationship atmosphere, with comfortable and safe communication for the counselor. BK teachers have an important role in facilitating students in developing their potential and helping them follow learning to the maximum.

Based on the results of this study, it is hoped that guidance and counseling students can understand the importance of guidance and counseling in helping adolescents achieve healthy developmental goals.

Bibliography

- Amelia, L., Robigo, D., & Imania, H. (2022). Pentingnya Konseling Religi Untuk Mengatasi Kenakalan Remaja: Konseling Religi. *BULLET: Jurnal Multidisiplin Ilmu*, 1(02), 95–100.
- Dami, Z. A. & P. P. (2018). Regulasi Diri Dalam Belajar Sebagai Konsekuensi. *Jurnal Penelitian Dan Pengembangan Pendidikan*, 1(1), 82–95.
- Diananda, A. (2019). Psikologi Remaja Dan Permasalahannya. *Journal ISTIGHNA*, 1(1), 116–133.
- Fitria, L., S, N., Syukur, Y., & Ahmad, R. (2021). Sarana Dan Prasarana Sebagai Penunjang Kegiatan Bimbingan Dan Konseling Di Sekolah Menengah Kejuruan. *Al-Irsyad*, 11(1), 15.
- Hartono. (2020). Kedudukan Dan Peran Guru Bimbingan Dan Konseling Di Sekolah. *Eksistensi Peran Bimbingan Dan Konseling Berbasis HOTS Di Era New Normal*, 20, 15–17.
- Konseling, B. D. A. N., Menengah, S., Sma, A., Kepribadian, K., Dan, I., & Konseli, P. (2017). *Pengembangan Keprofesional Berkelanjutan Kelompok Kompetensi D Pedagogik* :

Lengkap, N. (2016). 濟無No Title No Title No Title. 82, 1–23.

Pringgar, R. F., & Sujatmiko, B. (2020). Penelitian Kepustakaan (Library Research) Modul Pembelajaran Berbasis Augmented Reality Pada Pembelajaran Siswa. *IT-Edu: Jurnal Information Technology and Education*, 5(01), 317–329.

Robigo, D., Amelia, L., Imania, H., S, D. M., & S, P. N. (2022). *Pentingnya Konseling Religi Untuk Mengatasi Kenakalan Remaja*. 1(02), 95–100.

Suratmi, T., Indrawati, M., & Tafal, Z. (2021). Gangguan Mental Emosional pada Pelajar SMP di Bekasi pada Masa Pandemi Covid-19 dan Potensial Dampaknya terhadap Ketahanan Keluarga. *Jurnal Lemhannas Ri*, 9(1), 70–79.

Yanti, D. E., Pribadi, T., & Putra, A. J. (2020). Tipe pola asuh orang tua yang berhubungan dengan perilaku bullying pada pelajar SMP. *Holistik Jurnal Kesehatan*, 14(1), 155–162.