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# The Effectiveness of Systematic desensitization Counseling Techniques to Overcome Student School Exams

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## Abstract

Anxiety on Anxiety is a thing that is often faced by individuals. In schools, not only low-achieving students experience anxiety when facing school tests/exams, but students who have high achievements can experience anxiety during school tests/exams. Feelings of anxiety occur when students are not ready for the exam. Individual counseling is an effort to help direct face-to-face relationships between counselors and counselees by using techniques systematic desensitization. This study aims to determine whether the counseling technique is systematic desensitization effective in overcoming the anxiety of class X students towards exams at SMA Negeri 1 Banjarmasin. The type of research used is quantitative research with experimental research design. The place of this research is SMA Negeri 1 Banjarmasin. The population in this study were students of class X. The sampling technique used purposive sampling, through inclusion criteria obtained 10 students as research samples. The research instrument used is the treatment material in the form of "Counseling Techniques Guide Systematic Desensitization" and the data collection instrument is an anxiety measurement scale. The data analysis technique used ANOVA (analysis of variance). Based on the test of the data obtained (1386.746 4.41) then  $H_0$  is rejected. Decisions can also be made based on the probability values listed in the Sig column (calculation using SPSS). If the probability is 0.05 then  $H_0$  is accepted. If the probability is 0.05 then  $H_0$  is rejected. From the above results, the resulting probabilities are 0.000 0.05, then  $H_0$  is rejected, meaning that there is a difference between the percentage of students' anxiety before being given individual counseling using techniques systematic desensitization and after individual counseling. Based on the results of this study, there are several things that need to be considered for users of the counseling technique guide systematic desensitization, further researchers and schools. This is that this research is still subjective because the researcher also acts as a counselor in the implementation of individual experiments or counseling.

**Keywords :** Anxiety, Systematic Desensitization, counseling personal

## 1. Introduction

Schools cannot be separated from teaching and learning activities carried out by educators to their students and schools cannot be separated from school exam activities in the form of semester tests or grade promotions which aim to determine the level of success of students in the teaching and learning process. Examination is an activity that is absolutely carried out in order to measure mastery of the material that has been given within a certain period of time. [1]. School exams in the form of semester tests or class promotions will be given to students, therefore students must know that school exams in the form of semester tests or class promotions are a curriculum set by the school. In other words, all students are ready or not ready to face it. Some students are ready to face it but these students always feel they are unable to get through it and there are also students who are not ready to deal with it, so this causes anxiety in students [2]. Anxiety does not only occur to students who have low intelligence but can also occur to students who have high intelligence, this is because they think that school exams in the form of semester tests or grade promotions are the determinants of their success, so it is not uncommon when carrying out exams or repeated increases They feel nervous or nervous and feel afraid if they cannot answer the questions given, then that is one of the triggers for anxiety.

Responding to the above facts, it is appropriate and appropriate that all school personnel (teachers, counselors and principals) especially counselors work together in overcoming the problems experienced by students above [4]. Various efforts can be made by school counselors in overcoming these problems, one of which is by conducting individual counseling using the systematic desensitization technique developed by Wolpe in overcoming anxiety. The systematic desensitization technique intends for

the counselee to provide a response that is inconsistent with the anxiety experienced by the counselee [3]. By using relaxation counselors seek to help their students. Relaxation is a technique that aims to make the counselee feel relaxed and calm from the previous situation which has the stages described in the Pustaka study [5]. Individual or individual counseling services, namely guidance and counseling services that allow students who receive direct services face to face (face to face) with a supervising teacher or counselor in the context of discussing and alleviating problems [6]. Individual or individual counseling is holistic and in-depth and touches important things about the counselee's self, but is also specific towards solving problems so that it can be concluded that through individual or individual counseling the counselee will understand himself, his environment, problems experienced, strengths and weaknesses. himself, as well as possible efforts to overcome the problem [7]. Individual or individual counseling services are the most important form of service in the implementation of the counselee's problem alleviation function. In other words, individual counseling services or individuals in their implementation require serious requirements and quality of effort.

In fact, based on observations, especially at SMA Negeri 1 Banjarmasin, it is known that not only students who have low intelligence experience anxiety when facing exams but students who have high intelligence also experience anxiety in facing exams [17]. This all happens because students do not believe in their abilities in facing exams and it can also happen because of the decisions taken by the teacher and the attitude of the teacher who is fierce, harsh and incompetent in their fields so that it all makes students anxious about the results they will get Anxiety occurs during exams because the exam is used as a benchmark for students' success in taking their education process to the next level. This means that optimal student learning outcomes depend on how the learning process and their sincerity in taking the exam. Because students are worried about test results, many students choose the wrong way to get good test results, for example by cheating, so this will also affect student behavior. That's why the anxiety must be disposed of by knowing what kind of anxiety is experienced by students so that the role of teachers and other school personnel is very helpful for students in dealing with this anxiety. Facing the above reality,

schools should be able to work well together between students and teachers, teachers can be a place for students to gain knowledge, a place to learn, and as a place to get knowledge that is useful for their future lives, and guide students to think within a person it has the ability. So, when the exam is held, students realize that they have the ability to succeed in facing the exam and get good grades, because they have been equipped with the knowledge they have learned in the learning process at school.

## 2. Method

This study used a pre-experimental design, in the form of the Intact-Group Comparison design, in this design there was one group that was used for research, but was divided into two, namely half the experimental group (which was treated) and half for the control group (which was treated). not treated). Broadly speaking, the research paradigm can be described as follows:



Description:

O<sub>1</sub> : The results of the measurement of the half-treated group

O<sub>2</sub> : The results of the measurement of the half-treated group

## 3. Results and Discussion

The self-adjustment scale has 33 statement items with a gradation of 1-4, so to interpret the score percentage can be made by adding up the scores obtained, divided by 240 (number of items) multiplied by 100%. Furthermore, to interpret the presentation of scores in the categories: low, medium and high, the criteria are used with the following calculations:

Next, a percentage analysis is carried out using the formula:

$$P = \frac{f}{N} \times 100 = \dots\%$$

Description:

P: Percentage number

F: Frequency being searched for percentage

N: Number of cases (number of frequencies /number of individuals)

No.	Kategori	Frekuensi	Prosentasi (%)
1.	Rendah	1	0,35%
2.	Sedang	38	13,52%
3.	Tinggi	185	65,83%
4.	Sangat Tinggi	57	20,28%

#### 4. Conclusion

Knowing the effectiveness of implementing counseling techniques *systematic desensitization* in overcoming student anxiety at school, is done by analyzing the results of the pre-test and post-test as listed in the following table:

#### An Overview of the Differences in Anxiety Pre-Test and Post-Test Results in the Anxiety Treatment Group

Kode	Sebelum Konseling		Setelah Konseling		Perbedaan Pre Test & Post Test
	Pre Test	%	Post Tes	%	
KI 1	111	92.50 %	46	45.45 %	47.05 %
KI 2	114	95.00 %	54	49.09 %	45.91 %
KI 3	113	94.16 %	54	49.09 %	45.07 %
KI 4	111	92.50 %	58	52.72 %	39.78 %
KI 5	109	90.83 %	49	44.54 %	46.29 %
KI 6	113	94.16 %	57	51.81 %	42.35 %
KI 7	113	94.16 %	57	51.81 %	42.35 %
KI 8	108	90.00 %	57	51.81 %	38.19 %
KI 9	117	106.63 %	62	56.36 %	50.27 %
KI 10	115	95.83 %	55	50.00 %	45.83 %
Rata-rata	112.4	94.57 %	54.9	50.26 %	44.30 %

In the treatment group above, before attending counselling, the average anxiety was 94.57% in the very high category. After attending counseling using the systematic desensitization technique, the average was

50.26% in the moderate category, or decreased by an average of 44.31%. From the data obtained (1386.746 4.41) then  $H_0$  is rejected. So the decision is taken using  $H_a$ , namely individual counseling using an effective systematic desensitization technique to overcome student anxiety during exams. The results showed that individual counseling (using systematic desensitization techniques) was effective in overcoming student anxiety at school which was marked by a decrease in anxiety scores. This decrease change appears that before the treatment, students' anxiety was in the very high category, after being given individual counseling treatment (using systematic desensitization techniques) students' anxiety fell into the moderate category.

In particular, another finding in this study is that there are subjects with KI 5 (MJ) who get the adjustment score which tends to decrease the least, which is in the moderate category of 44.54%. One possibility why this happens is because of the student's own (internal) factor, namely the tendency of a high interest to try to overcome his anxiety about school exams. Students have confidence

that the counselor is able to help him so that the counselee seriously participates in individual counseling activities and actually implements the plans that have been made. The decrease in KI 5 (MJ) anxiety begins to appear at stage 1. The counselee is able to relax, enjoy and relax so that studying at school can be more focused. In addition,

decreased anxiety experienced by KI 1 (SA). This is influenced because when carrying out counseling the counselee is enthusiastic and tries to implement the program that is made. KI 2 (JN) and KI 3 (MK) also experienced a moderate decrease in anxiety, the counselee's progress began to be seen in stage 2, the counselee had the initiative and tried to carry out the plans made. KI 10 (IR) experienced a moderate decrease in anxiety, KI 4 (LI) also experienced a moderate decrease in anxiety. KI 6 (YP), KI 7 (OG) and KI 8 (DF) experienced a moderate decrease in anxiety. As for KI 9 (RA) students who have the greatest decrease in anxiety scores. This is influenced by students participating in individual counseling activities less seriously and counseling activities not being carried out in the individual counseling room so that the counseling process becomes less focused. The counselee tends to have doubts about the ability of the counselor to help him improve his ability to adjust [15].

Thus it can be concluded that 10 counsees only achieved a decrease in anxiety in the moderate category influenced by obstacles from both the counselor and the counselee [16]. Barriers from counselors in the form of counselors have not been able to fully create a comfortable, calm and enjoy atmosphere when providing techniques at stage 1 so that individual counseling activities have not been carried out optimally. Meanwhile, the obstacle from the counselee is that the counselee does not focus on what is given during the implementation of the counseling. Based on the theory above, it can be concluded that someone who is successful in overcoming anxiety is influenced by internal (internal) and external (environmental) factors. This means that individuals must strive to maintain a reasonable balance or have a harmonious relationship between internal and external demands [12]. So, by participating in individual counseling activities (using systematic desensitization techniques) students can overcome or reduce the anxiety contained in students so that students can live

themselves as students at school and can learn calmly and relaxed according to what is expected of themselves. 11]

From the results of the discussion of individual counseling (using systematic desensitization techniques) above, in general it can be said that individual counseling (using systematic desensitization techniques) is effective for overcoming or reducing student anxiety, which is marked by a decrease in anxiety scores in students. before and after individual counseling.

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