



## **BRIGHT VISION**

E-ISSN: 2798-8872 P-ISSN: 2797-1716

Email: [brightvisionjournal@uinsu.ac.id](mailto:brightvisionjournal@uinsu.ac.id)

<http://jurnaltarbiyah.uinsu.ac.id/index.php/brightvision>

### **EFFECTIVENESS OF INDIVIDUAL COUNSELING SERVICES IN STUDENTS' SOCIAL DECISION MAKING SKILLS**

**Aulia Pratiwi Damanik<sup>1</sup>, Yuke Yolanda<sup>2</sup>**

<sup>1,2</sup>Universitas Muhammadiyah Sumatera Utara

Email: [auliapратиwi1119@gmail.com](mailto:auliapратиwi1119@gmail.com)

Corresponding Author's \* Aulia Pratiwi Damanik

#### **Abstract**

Improving students' decision-making skills using a qualitative approach with the library research method which is carried out using literature in the form of books, notes or other literature as the main object. The purpose of making this journal is to provide assistance to students using individual counseling services to be brave in making decisions for themselves. Decision making skills are the ability to control oneself so as not to be easily influenced by social stimuli. Many students do not dare to make decisions for themselves due to internal and external factors.

**Keywords :** Individual Counseling Services, Skills, decision making.

#### **INTRODUCTION**

According to Law No. 20 of 2003 concerning the National Education System Chapter 1 Paragraph 1 Education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, noble morals, as well as skills needed by himself, society, nation and state.

Based on the law on education, we can see that one of the goals of education is to equip students to have skills that can later support student decision making. Adequate skills are a material requirement for someone to work. Education itself is a formal

requirement for someone to be able to prove that they have the appropriate skills obtained in the education process.

Skills are the ability to use reason, thoughts, ideas and creativity in teaching, changing or making something more meaningful so as to produce value from the results of the work. However, in contrast to the reality that occurs among students today, the results of observations of the problems experienced by students in online media, the internet, social networks Facebook and mass media, many students carry out less positive social behavior such as making fun of their friends, mocking them, insulting them. , skipping classes because of friends' invitations, shouting, brawling and threatening friends. The social problems that many teenagers are currently experiencing are increasingly worrying, especially teenagers who are in junior high school (Rofiq, 2015).

For this reason, individual counseling services can help each student in making social decisions that can change him. Individual counseling has a specific meaning in the sense of the counselor meeting with the counselee individually, where there is a counseling relationship that has a rapport nuance, and the counselor tries to provide personal development assistance to the counselee and the counselee can overcome the problems they face (Lota, 2020).

## **METHOD**

This journal uses a qualitative approach with library research methods which are carried out using literature in the form of books, notes or other literature as the main object.

## **RESULTS AND DISCUSSION**

### **Definition of Decision Making Skills**

In everyday life, we constantly make judgments and decisions. The ability to make decisions is an internal effort to obtain something that suits one's needs and interests. The existing options are then selected by considering all possibilities that may occur, until finally a decision is formed. An individual cannot be separated from problems in everyday life.

According to Santrock (in Badarudin, 2017) decision making is a thought in which individuals evaluate various options and decide on a choice from among the many options. Harris (in Prabamurti et al., 2022) says that decision making is a process of identifying as

many alternatives as possible and choosing one that has a probability of success or effectiveness and can adapt to needs, interests and desires.

Adair (in Rofiq, 2015) decision making is deciding what action to take, usually involving choices. One of the theories in decision making is the theory of subjective benefit. According to the theory of subjective desired utility, the goal of human action is to seek pleasure and avoid pain. According to him, decision making requires maximization of positive and negative benefits

The basic processes used for decision making are: a) listing relevant options, b) identifying the potential consequences of each option, c) assessing the likelihood of each consequence actually occurring, d) determining the importance of the consequences, and e) combining all the information this is to determine the most attractive option (Beyth-Marom et al., 2006 (in Rofiq, 2015)).

### **The Nature of Social Decision Making Skills**

Social decision-making skills are a universal program, meaning they can be given to every student, rather than being targeted at people with specific characteristics. This program aims to help students acquire social decision-making skills and to develop their abilities, effectively using these skills in everyday life and academic situations. More specifically, this program seeks to develop children's self-esteem, self-control, and social awareness skills, including identifying, monitoring, and regulating stress and emotions, increasing healthy lifestyle choices, To have a healthy lifestyle it is necessary to avoid various forms of violence, abuse of dangerous substances, and dropping out of school, but being healthy means you can improve your abilities and self-development.

### **Individual Counseling Services**

Definition of Individual Counseling Services Individual counseling services are guidance and counseling services where students receive direct, face-to-face services with their supervising teacher in order to discuss and resolve their problems. Effective service is the implementation of services in solving student problems so that the goals of the service are achieved. So that it becomes a benchmark for effectiveness, namely achieving high goals and results. And in the context of individual counseling services, assistance is said to be effective if it achieves goals such as optimal self-development and making decisions for oneself (Lota, 2020).

The counselee or student is a very important person in the counseling relationship, where all the effectiveness carried out therein is solely aimed at improving himself. But counselors also have an influence in counseling. A counselor is a person who has skills and expertise in relationships and interpersonal assistance activities. Through these skills and expertise, counselors will apply various techniques and methods of assistance that suit the needs of their clients. If the counselor's skills and expertise are not higher than the counselee's then counseling will not be effective.

### Factors Influencing Individual Counseling Services

#### 1. Supervising Teacher

In order to create an effective individual counseling service process and results, there are several aspects that must be considered, especially from the counselor as the person providing the service and as someone who has an important role in creating a conducive atmosphere and optimal results in providing services to clients. which in this case is an individual counseling service. The counselor's characteristics will be reflected through the attitudes and personality traits that an effective counselor must have. Creating a counseling atmosphere will be determined more by the counselor's attitude and skills. The counselor must be able to accept the counselee's presence as it is and the counselor must have a deep understanding of the counselee's problems.

There are three important things that influence the counselor or supervising teacher, both positively and negatively, in counseling activities as a professional activity, namely: a. Personal Qualities The personal qualities of a counselor are criteria that concern all aspects of personality which are very important and determine the effectiveness of the counselor when compared to the education and training obtained. b. Knowledge of profession c. Special counseling skills (Rambe & Syarqawi, 2023).

#### 2. Students or Counselees

The counselee or student is a very important person in the counseling relationship, where all the effectiveness carried out therein is solely aimed at improving himself. Thus, all activities aimed at the benefit of the counselor cannot be called counseling.

#### 3. Facilities and Infrastructure

Facilities and infrastructure are part of management. The facilities in guidance and counseling include data collection tools, data storage and technical equipment. One of the infrastructure or physical facilities which is an important factor in supporting the effectiveness and efficiency of guidance and counseling services in schools is the availability

of representative guidance and counseling rooms, in the sense that they can accommodate all guidance and counseling service activities. When counseling services are carried out in the BK room, it should not be visible directly from the outside so that students are comfortable doing counseling for a long time. The counseling room greatly influences the success of individual counseling services, because counseling is carried out not only briefly but over a long period of time and not in one meeting. (Lota, 2020).

Based on what has been explained above, it is very important to treat students' social decision making skills. Because if students are still teenagers, they tend to be contaminated by the environment of their peers. Therefore, individual counseling services are expected to be able to help students in making social decisions.

## **CONCLUSION**

Based on the theoretical explanation above, it can be concluded that social decision making skills for determining the future of adolescents need to be developed. Guidance in schools can develop social decision-making skills, because guidance literally means "guiding", informing, directing, supervising, and helping individual students make choices, adjustments and solving problems they face in teaching and learning process situations. Individuals in achieving their life goals are able to understand their abilities, interests and talents.

So individual counseling services are needed to help students solve problems and help students develop positive attitudes.

## **REFERENCES**

- Badarudin. (2017). Peningkatan Keterampilan Pengambilan Keputusan dan Penguasaan Konsep Ipa Melalui Model Pembelajaran Advance Organizer di Sekolah Dasar. *Jurnal Ilmiah Pendidikan Dasar*, IV(1).
- Lota, S. G. (2020). Efektifitas Layanan Konseling Individual Dalam Membantu Mengatasi Perilaku Membolos Siswa Kelas IX SMPN 22 Kota Jambi. *Journal of Islamic Guidance and Counseling*, 4, 89–101.
- Prabamurti, P. N., Widjanarko, B., Musthofa, S. B., Tirto, B., & Indraswari, R. (2022). Peningkatan Keterampilan Pengambilan Keputusan yang Sehat pada Siswa di SD

Negeri Pedurungan Tengah 02 Semarang. *Journal of Public Health and Community Services*, 1(2).

- Rambe, A., & Syarqawi, A. (2023). PENDEKATAN COGNITIVE BEHAVIORAL THERAPY UNTUK MENGURANGI KECEMASAN BERKOMUNIKASI SISWA SMA NEGERI 4 TEBING TINGGI Annisa. *Jurnal Kajian Konseling Dan Pendidikan*, 6(2), 90–101. <https://doi.org/https://doi.org/10.30596/bibliocouns.v6i2.15118>
- Rofiq, A. A. (2015). Pentingnya keterampilan pengambilan keputusan sosial bagi siswa smp. *Jurnal Ilmiah Psikologi*, 2(2), 175–184.