**Development Of Group Guidance Programs To Improve Student Study Skills**

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**Abstract**

The purpose of the study is to develop a group guidance program into a manual book implementation for counseling guidance teacher and student journals. The book facilitate teachers and students in the implementation of group guidance activities so that the focus on the services provided, and can motivate students to improve their study skills through the various methods of study skills presented in an interesting way. The research was developed based on six aspects of study skills: reading, writing, remembering, concentrating, preparing exams, and managing time. Research and development (R&D) method was used by adopting the simplified ADDIE development model into three phases: analysis, design, and development. The data collection technique used is a study skills questionnaire. The statistical data analysis techniques used a semantic differential scale. The results of the feasibility test on the product obtained an average value of 8 (92%), which mean that the manual book implementation for counseling guidance teacher and student journals developed by researchers is included in the category of "feasible".

**Keywords:** *Learning Skills, Group Guidance Program Development, Handbook of group guidance activities.*

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**Introduction**

Study skills is the basic ability that must be owned and controlled by students. Study skills could support student learning optimally at school and outside school. Students who can master and use study skills tend to have more excellent achievement. This phenomenon was found commonly when the learning process in class take place.

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Dean (Maher & Zins, 1977), said that study skills is a skill which foster student’s independence through the activity learning. This mean that students required to be able to have a method or ability for adapt in the learning process. There are six aspect in study skills (Congos, 2011), including: (1) reading , (2) taking notes , (3) remembering , (4) prepare exams / tests , (5) concentration , and (6) time management. The quality of learning activity will increase in accordance with competence of targeted learning if the student mastered various study skills. Minister of Indonesian education, namely Nadiem Makarim in Tempo (2020) article stated that "In the time of unpredictable era we should have creativity to adapt to the new situation. We have to create sustainable human resources which can learn from day to day. “*Growth mindset individualy* ". On the quote meaning that in facing an era that is increasingly develop fast so every individual must capable to adapt. Especially in education, students required to be able adapt to every learning process that they follow. This include using their study skill. Furthermore, it is also mentioned that an effort that must be done so that skills study student could grow and develop is required teacher role for more creative. So the learning process could have a good atmosphere that can increase activity and discipline of the student.

Prayitno, et al (2005) said: that from year to year problem study student high school level tends to increase, category the most dominant problem is Skills study and conditions character self student, statement the means that occur drop score quality activity study teach from year to year. Same thing with ability survey results students in Indonesia conducted by PISA (Program for International Students Assessment) which was released in December 2019 in Paris, put Indonesia in the rankings 72nd of from 77 countries. Education index from The Human Development Report (2017) also mentions that Indonesia is in the position of 7th in ASEAN with score 0.622. The survey results show that performance study Indonesian students still is in category low. See the results of the survey could said that students who have Skills study low will impact on their lives, for example will face difficulty in make notes when the teacher teaches, makes summary from material to read, make report observation, discussion, develop method answer or solve questions tests and exams, reading ingredient reading lessons, language oral nor writing, no believe self for ask, and use management time study.

Presence guidance program development group in form book guide BK teacher activities and journals students are very effective and can help BK teachers in develop Skills study student through activity guidance group, as well as could interesting student in develop Skills learn it through activity guidance group.

**Method**

Research and development this use design research developed by Branch (Sugiyono, 2012), namely the ADDIE development model that has been simplified into the three stages, including: doing analysis rationalization plan development product based on results *need assessment*, do planning framework conceptual product, develop product start, do validation expert and revision, develop product end.

Development book guide for increase Skills study for high school students are development product in form service guidance and counseling that has different context of the development model learning other. The ADDIE development model is based on an effective and efficient approach, as well as could produce update learning media products from each the steps taken, it means every the resulting product is products already experience innovation.

The final result will be achieved in research and development this in the form of book guide implementation guidance group for teachers and students so scale assessment used by researchers \_ that is adapting to aspects feasibility (Committee, Joint, 1991) with use three indicator program assessment, namely evaluation arrangement program framework, assessment content and arrangement activity guidance groups, and assessments on journal media guidance group students.

Subject of feasibility test on research and development book guide this i.e. validation test expert program and test expert candidate users, as well as criticism and suggestions from second expert the as refinement and repair product. Validation program experts are carried out by lecturers BK majors that have experience as well as skill in program design, while for validation expert candidate user carried out by BK teachers who have experience teaching for at least 10 years.

As for technique data analysis conducted on research and development this that is data analysis quantitative with use scale differential based on categorization \_ appropriateness product according to Mustaji (2005).

**Findings and Discussion**

Evaluation to product development conducted as much one time. There is three indicator evaluation in the feasibility test conducted by experts, including: evaluation arrangement or program framework, content and preparation activity guidance groups, and media journals guidance group .

By Quantitative appropriateness program development can seen from results evaluation expert based on categorization evaluation following this:

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| **Table . 1.1** |
| *Category Evaluation* |
| Score Range | Category |
| 7 | Worthy |
| 4 – 6 | Enough Worthy |
| 3 | Not Worthy |

Feasibility test results obtained from second expert is as following :

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| **Table 1.2** *Program Feasibility Test Results* |
| Aspect Evaluation | Rating Score | Category |
| Program Structure / Framework | 8 | Worthy |
| Contents and Compilation Activity Guidance Group | 8 | Worthy |
| Journal Media Student | 8 | Worthy |
| Total Average Score | 8 | Worthy |

Based on results analysis of the data displayed, then the average score rating obtained from one program experts on each indicator evaluation that is of 8, is in the range category worth. As for the description score per sub- indicator evaluation is as following:

Feasibility test results arrangement obtained program framework that is as following:

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| **Table 1.3** *Feasibility Test Results Arrangement Program Framework* |
| Sub Indicator | Rating Score | Category |
| Program science | 8 | Worthy |
| Program understanding level | 9 | Worthy |
| Systematic programming  | 8 | Worthy |
| Total Average Score | 8 | Worthy |

There is three sub indicators with 13 items statement in sheet validation arrangement program framework. Second expert To do validation as much one time. Based on the data obtained could is known amount the average score obtained worth 8. If seen based on categorization assessment, then validation arrangement program framework is in category worth.

Feasibility test on the content and preparation activity guidance group is as following:

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| **Table 1.4** *Content Feasibility Test Results* |
| Sub Indicator | Rating Score | Category |
| Suitability Competence | 8 | Worthy |
| Suitability presentation order Theory | 8 | Worthy |
| Suitability Theory with level ability student | 8 | Worthy |
| Total Average Score | 8 | Worthy |

There is three sub indicators with nine item statement in sheet validation arrangement program framework. Second expert To do validation as much one time. Based on the data obtained could is known amount the average score obtained worth 8. If seen based on categorization assessment, then validation arrangement program framework is in category worth.

feasibility test on the journal media student obtained evaluation as following:

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| **Table 4.5** *Journal Media Feasibility Test Results Student* |
| Sub Indicator | Rating Score | Category |
| Suitability Theme and Content | 8 | Worthy |
| Suitability Journal Student With Level of Understanding Student | 8 | Worthy |
| Total Average Score | 8 | Worthy |

There is two sub indicators with six item statement in sheet journal media validation students. Second expert To do validation as much one time. Based on the data obtained could is known amount the average score obtained worth 8. If seen based on categorization assessment, then journal media validation student is in category worth.

By qualitative guidance program development group for increase Skills study student considered “ worthy ” for next implemented . Based on statement worthy or whether or not program development on research provided by the two expert, both state that proper program development for next implemented with a number of input, that is repair a number of misspelled words and added reference book on material reading.

Research and development products produced by researchers is guidance program development group for increase Skills study student in the form of book guide implementation guidance group for teachers and journals guidance group for students. Deborah (2019) in the research about the influence of the guidance model group to Skills study results the research he did showing that guidance group effective in increase Skills study. Deborah's Research (2019) can made as base that guidance program development group for increase Skills study students conducted by researchers worthy for implemented.

feasibility test that have been done on the book guide implementation guidance BK teacher groups and journals guidance group students also become reject measuring appropriateness program development, results evaluation expert show that second product the worthy for implemented, proven with score rating obtained \_ from second expert that is by 8 or same with 92%. Besides that second the expert revealed that book a guide compiled by researchers is a innovation in very inspiring BK more from side very attractive appearance, easy understood, and in accordance with needs students, and most importantly is easy applied.

According to Greene and Petty (Tarigan, 2009) say that book guide must have good quality, that is could interesting interest student in use it, can give motivation to user, load interesting content for used by students, can stimulate students in activity study, as well have steady concept and not vaguely . Opinion Greeny and Petty ( Tarigan , 2009) also became base researcher in composing book guide . Book a guide developed by researchers have design attractive appearance , combination customized colors \_ with characteristics students , as well suitability composing content in *layout* that makes it easier for BK teachers and student when use it , other than that from side loaded material in book guide customized with destination as well as competencies that must be achieved based on need \_ students , material on books guide is also designed for could build spirit students to be active in learn return material that has been taught though outside activity guidance group , if juxtaposed with opinion of Greene and Petty ( Tarigan , 2009) so that book guides generated by researchers could said quality and of course very worthy .

There are advantages in book guide that is existence *self-assessment* at the beginning meeting and ending meeting session guidance group, *self-assessment* this could measure ability student will Skills learn it before and after doing guidance group, ability Skills learn what you can be measured including: skills reading, taking notes , remembering , concentrating , preparing exams , and management time . Besides that book guide it also directs student for To do practice direct from one \_ techniques on various form Skills study, like SQ3R method, *mnemonic,* brain exercise, writing and arranging, *cooperative review,* and *weekly planer*. As has been done by researcher before namely in research Sumartini (2010), regarding effectiveness *Brain gym* (brain exercise ) in increase Skills study showing results that through guidance group with use brain exercise technique effective in increase Skills study students. Next results Abidin's research (2017) shows that that use SQ3R method can increase Skills reading to high school students. The results of research by Martin, et al (2017) regarding guidance group with method *mnemonic* for increase power remember student, show that use method *mnemonic* through guidance group effective in increase Skills remember students. Based on results study before so development book The guidelines carried out by researchers are very supportive needs student will Skills learn it, so existence product development is something the right and feasible solution for implemented.

**Conclusion**

Research and development that has been done by researcher produce product guidance program development group for increase Skills study student in the form of book guide implementation guidance group for BK teachers and journals guidance group for students. Product results development by whole said worthy, meaning Fulfill criteria expert test assessment, good from side arrangement program framework, from side content and arrangement activity guidance groups and in terms of journal media students.

Temporary based on results product validation development carried out by two expert, obtained average yield of 8 or if percentage that is by 92%. Based on categorization the assessment in table 4.1 of the development program compiled by the researcher enter in " decent " category

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