



## How to Upgrade Discipline Through Service Guidance Counseling In the Learning Process

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**Abstract:** This research discusses how to improve discipline through counselling guidance services in the learning process at SMPN 1 Muaro Jambi from the point of view of the counselling guidance teachers and students. The type of research used is qualitative. The subject of this research is SMPN 1 Muaro Jambi, which consists of 6 classes, namely, VII A, VII B, VII C, VII D, VII E, VII F and three guidance and counselling teachers. These schools. The samples in this research were class VII F and 1 class VII counselling teacher using a purposive sampling technique. The data collection technique uses interviews, 15 interview questions for teachers and 25 interview questions for students, producing good interviews from teachers and students. These are sorted into the method of increasing discipline in the learning process. As for the research results, data was obtained that the technique for increasing specialisation in the learning process is through counselling guidance services, namely, dressing wholly and neatly (according to applicable school regulations), getting homework and checking homework, as well as maintaining the cleanliness of the school environment.

## INTRODUCTION

The research that has been carried out is to review the perspective of guidance and counseling teachers on the learning process at school. In general, a disciplined attitude is very necessary in everyday life, because a disciplined attitude is a person's readiness to obey the rules and values of the surrounding environment (Amelia & Amelia, 2023; Docktor & Mestre, 2014; Nehm, 2019). Discipline is a situation created by something in the form of a process, action, among other things, showing signs of obedience, steadfastness in making decisions, provisions and orderliness. An attitude of obedience can make a man exclude things he shouldn't do. Discipline develops by itself in every human being without human self-awareness to behave in a disciplined manner, has conditions, namely the ability to behave and act consistently based on certain values (Reynolds, 2016; Rison, 2013). Discipline is used as an internal learning process at school for character intervention work so that no unnecessary things can hinder the learning process at school. Understanding that all learning processes are interconnected and have their own roles should be given maximum attention from all parties so that the learning process can be better and more effective.

In the learning process, there are several factors that really must be maintained, one of which is discipline. This discipline is not only visible from individuals regarding something, for example in terms of when to start studying, doing homework at the right time, not throwing rubbish carelessly and dressing neatly and completely. Student discipline problems in the learning process are one form of challenge which, among other things, needs to be resolved together. Because if student discipline problems are ignored it will only have a bad impact on the student, where the student will have difficulty in developing (Brears et al., 2011; Weinberg & Sample McMeeking, 2017). So it has a negative impact on mastery of understanding of learning material and learning achievement decreases and becomes unstable. However, of course everything cannot be blamed on just one party, but other research is really needed which is able to provide a more general picture or which can be generalized with more data. Learning will run well, of course influenced by students' motivation and interest in learning and the creativity of the learning process, therefore increasing interest and creativity is very necessary.

Discipline plays an important role in achieving goals, especially in the education and learning process. Researchers believe that if students are not disciplined it can have an impact on a less conducive learning atmosphere in the classroom and disrupt the teacher's teaching activities (Honey et al., 2014; Nasri et al., 2010; O'Neil et al., 2020). All of this has an impact on not achieving the goals of the learning process that have been set. From the analysis that has been described, researchers are interested in analyzing "How to Improve Discipline Through Guidance and Counseling Services in the Learning Process so that it can become an input for many people about the importance of increasing discipline and consistency of discipline in its influence on student learning and of course student learning outcomes.

## METHOD

This study was conducted to find out how to improve discipline through guidance and counseling services in the learning process at SMPN 1 Muaro Jambi. The type of research used by researchers is qualitative, namely a type of research that uses written or verbal descriptive data from the people being observed (Creswell, 2012). Research to analyze the average class VII students of SMPN 1 Muaro Jambi from the perspective of guidance counseling teachers, namely 151 students and class counseling guidance teachers. In this research, interview questionnaires and questionnaires were used, namely the technique of submitting a number of written questions to be answered. There are 2 types of questions in a questionnaire or questionnaire, namely, open and closed questions. Open questions are questions that usually start with what, why, how, or explain, while hidden questions are questions whose answers are only yes or no, wrong or right, and also this question is a form of question whose answer is very limited. Then interviews are carried out as an activity of asking for answers orally to collect as much data as possible regarding student discipline from the teacher's point of view where the results will be compared to draw conclusions and verify.

## RESULT AND DISCUSSION

From the results data analysis that has been done for look method Upgrade discipline through service guidance counseling in the learning process . Obtained data for teacher 's view Table 1.

**Table 1.** Analysis The stage teacher 's view enhancement discipline

NO	Question	Answer in a manner general	Answer Overall
1.	How method father Upgrade discipline at SMPN 1 Muaro Jambi?	Our way to Upgrade discipline students with guided by order moment they enter class VII, moment they register lita there are rules , then there there are bullet points, 1 way neatly dressed, hair must short for the boys, and often do checking and warning offending students.	Discipline and dress tidy.
2.	If anything students who violate at school how method father handle it ?	We call and we ask before after that's what we're looking for the solution for them no violate again	Discipline and order school
3.	What opinion father about tutoring counseling at SMPN 1 Muaro Jambi, due to guidance teachers counseling at SMPN 1 no father own , and every teacher has each level !	Guidance teacher Counseling at SMP N 1 Muaro Jambi is very much needed because from different side placement level every guidance teacher counseling could make we are teachers of each other work same and mutual help moment handle problematic students at school	Discipline and order school
4.	is guidance counseling already Fulfill function as should be at school moment this ?	So far this yes , we are looking how the method for fulfill and complete in appeasement from party school. There are few difficult in face middle school kids because again in puberty but no as difficult as we are imagine and still can We step up.	Discipline and order school
5.	Problem what often faced become a tutor counseling ?	get dressed no neat slow come school, no enter during class hours, more way dress discipline frequent guy dress no neat use bracelet no obey regulation school.	Discipline and dress neat
6.	How method father help students for more discipline During is at at school ?	If at our school already made timetable for picket teachers and eye teachers must lesson no late enter in change of learning hours so that students permanent conducive	Discipline and Cleanliness environment
7.	Is the guidance teacher counseling at school this already follow as well as in work same ?	Already, we are following the existing MGBK meeting between guidance teachers counseling every day Thursday at each school, share applied stories and information at school.	Discipline and Cleanliness environment

From table 1 it is obtained that data from analysis teacher's view of "How to Improve Discipline Through Service Guidance Counseling In the Learning Process" data plays the most role urgent there is disciplined student (dressed tidy) then according to view students method Upgrade discipline through service guidance counseling in the learning process could be seen in Table 2.

**Table 2.** Analysis view student to enhancement discipline

Num	Questions / Statements	Yes	No
1.	What do you think attitude discipline it is very important at school ?	✓	
2.	is self you alone already enough for discipline ?		✓
3.	Is a mentoring teacher often explain ordinance regulations at school ?	✓	
4.	is students before enter class and get started lesson always lined up in front of class for check tidiness and readiness students for start lessons ?		✓
5.	is if there is students who violate regulation school imposed penalty in a manner live from the teacher?	✓	
6.	According to you is the teacher at school this always give profession House every done learning !	✓	
7.	Is the teacher always check profession house that has made by students ?	✓	
8.	If the teacher is late enter into the class is students will pick up the teacher office and remind that the teacher there are lessons class ?		✓
9.	If you want leave class because something urgent matter, whether students will request permission especially first ?	✓	
10.	If there are students who are dressed no tidy (shirt comes out ) straight away teacher scolded ?	✓	
11.	Does the teacher teach you for dress neat and follow the rules in school ?	✓	
12.	is you has carry out Duty picket with full not quite enough answer ?	✓	

From table 2, the data shows that 75% of students child in class VII F many have follow existing rules and regulations at school while 25% are children could concluded that they not yet can follow the rules and regulations at school . From the results this could We see teacher's role is very urgent for give firmness to students this for follow existing rules / regulations at school. Following this is a number of results analysis method Upgrade discipline at SMPN 1 Muaro Jambi which has been obtained and concluded back :

### *Analysis of Students' Neat Dress on Discipline Improvement in the Learning Process*

One very important character in a person is discipline. One's efforts to comply with rules or regulations related to discipline. Discipline is also adherence to the rules that exist within a person with self-awareness following his heart or reflecting one's own personality. Formal education, family education, community education, and within the scope of education are also recommended in discipline (Brears et al., 2011; Chen et al., 2019). Wearing a uniform according to school rules, leaving and going home according to school rules are examples of discipline in schools. The existence of punishment or supervision trains students to be disciplined in school. Discipline is also defined as a function of coercion, punishment, obedience, supervision, training, and behavioral abilities. So, as students we must try to be disciplined, obey the rules, obey learning, and obey teachers or educators.

Discipline in uniform neatness according to school rules is a way for educators to shape the character of SMPN 1 Muaro students Jambi in school rules. The initial condition for discipline in uniform neatness is still low because of a reason, discipline is the main or main thing for the teaching and learning process which will lead to habits, especially for student life. There are several things that cause a low level of discipline, namely the lack of students' understanding of the importance of discipline in the school environment, the low level of adjustment students who are indifferent to school rules, and lack parental way in paying attention to the fickleness of the party kids. Level low discipline too caused, among other things, a lack of observing discipline in uniform, especially in children, lack teacher's decisive action in imposing sanctions against students who do violations, less teachers I am responsible because I feel I can only teach up to subjects, so managing students is not my job.

To obey Discipline will then be applied to SMPN 1 Muaro schools Jambi is to make all students or students in learning activities, follow the rules as they should wear complete white and blue uniforms such as ties, hats, belts, black shoes , for boys required enter clothes into the trousers and wear long skirts for child women, wearing skirts must be on the waist not on the hips, and white clothes are included, Muslim girls are required to wear the headscarf. Therefore, student discipline in obeying the rules at SMPN 1 Muaro Jambi will soon be overcome with various kinds of Group Counseling Guidance Services. This rule is seen as accurate because discussing regarding conversations in several possibilities simultaneously and neatness in uniform, especially students nor students in participating in teaching and learning activities have the desire not to work alone in discipline. In the course of this activity students who violate discipline in school rules can invite discussions between teacher-students and students. That 's how educators make students' behavior regular in learning, change in actions, change in worship, and change in society.

### *Giving Analysis Profession Home (pr) Students Against Discipline Improvement in the Learning Process*

Giving assignments is a coaching activity for SMPN 1 Muaro Jambi to help teachers or education staff carry out the work that has been planned effectively. Leaders provide services to help teachers, by increasing the development of knowledge in general in the

teaching and learning process in schools. Through giving assignments in disciplinary activities, children still don't want to, but there are some who want to do the assignment. On average, they do assignments with the result of imitating friends. Based on the teacher's observations, it is necessary to improve the quality of teaching and learning activities to develop children's activities (Chen et al., 2019; Mishra et al., 2020).

The learning activities at SMPN 1 Muaro Jambi stem from the weakness of students who are not fully active, are still confused about carrying out activities and some are fighting over learning media. When the researcher conducted an initial survey of the process of the child's learning activities, it still looked awkward in the presence of the researcher. This assignment activity could be seen from how the child's achievement increased starting from the beginning and ending of the research. Based on the results of observations, we can see that children's creativity varies, this can be proven by the fact that students are still unable to reach the targets set by researchers and this creativity is not a problem for researchers considering the increase in the average percentage of children in the class.

Students should be active in teaching and learning activities, be responsible, and obey what is ordered by the teacher. Students who have an attitude like that can determine the course of the learning process comfortably, each student must have a strong personality because this is an attitude of discipline. Successful people cannot be denied because they take advantage of their time, live regularly, and are disciplined in achieving success. Learn to be disciplined in appreciating time not wasting time. Both in class and outside the classroom to make students aware of the discipline of their position. The process in discipline makes efforts to instill the importance of cooperation, both fellow students, teachers and students and students in the environment.

Students who uphold discipline in the teaching and learning process will be able to understand the importance of rights and obligations as well as respect and appreciate learning. Discipline prepares students to be able to deal with unpleasant things in public life, especially in the teaching and learning process. Having habits with disciplinary relationships will affect the positive lives of students in the future, as well as student have possibility of achievement and creativity. Students who have Personal discipline in study time can encourage, implement and instill success or success for the students themselves.

### ***Job Check Analysis Home work Students Against Discipline Improvement in the Learning Process***

Check Duty no different far with gift profession home work, if a students are given profession home work already definitely on the same day and eye same lesson profession House the will be checked back by the teacher who has give profession house Giving assignments on students at SMPN 1 Muaro jambi to be an obligatory obligation this teacher did aim for measure ability students and made as evaluation learning. There are various form possible task given to the teacher student, good form about exams, assignments portfolio, task practice and so on.

It is no longer a secret that every lesson is given assignments starting from (homework). Giving assignments has the goal that children improve which material is

mastered in learning. Each teacher must determine the final time for collecting school assignments must be done by students according to the final collection time that has been determined (Avidov-Ungar & Forkosh-Baruch, 2018; Lawson et al., 2015). Doing school assignments (home work) is one of the tasks that must be done according to the lesson because it will be added value to students, therefore if students do school assignments according to the collection time, they will get added value in the report card. because if each student is distributed school assignments, it must be done carefully and on time. If students have difficulty doing schoolwork, they can ask their friends and ask their parents for help to guide them in doing the assignment.

As for us as a parent too should have role to child with how to provide an understanding of teach task for children. As well as giving them consequences if they don't do the job. If children have been taught and trained from an early age, awareness will grow in them that they need to carry out their duties and responsibilities. Schoolwork is a part of learning that cannot be underestimated. Doing schoolwork for developing students' abilities in mastering learning material can also be the formation of student charters such as independence, a sense of responsibility, honesty and also never give up.

#### *Analysis of Student School Cleanliness on Discipline Improvement in the Learning Process*

Cleanliness is very closely related to health, because maintaining cleanliness is the same as maintaining health. Starting from since early children should understand that how important it is to maintain cleanliness and health so that they will get the right knowledge until they become adults later. Students have an important role in case behavior, knowledge, attitudes, and participation in environmental issues that need to be developed and nurtured (Mcphee, 1985; Romano & Wahl, 2005). Therefore to create a clean environment students need to have an important role in environmental issues. Based on the observation of the level of knowledge of SMPN 1 Muaro Jambi students in grades 7 and 8 about cleanliness, it showed that as many as 20 students had good achievements. high knowledge. However, students who have high knowledge also cannot maintain cleanliness. Grades 7 and 8, for example, still throw garbage out of place and spit indiscriminately. Because have high knowledge also has not determined that high behavior too or Actually, grade 7 students also can't take out the trash yet distinguish between organic waste and inorganic waste. Habit of littering in public places because it has not been used as a habitual attitude in life everyday.

Everyday life in society has an attitude of caring for the environment called a person's reaction to his environment, by creating a clean environment and not destroying the natural environment. The community environment and even the school environment or in the classroom play an important role in shaping student character in cleanliness. The role of education in the family environment also influences schools to help teachers form discipline in students. Waking up children in the morning so they are not late for school is a matter of time discipline, as well as with wear neat clothes and according to existing regulations at school. Not only does the family interact with friends on a daily basis, it also brings positive or negative influence on student development. The chosen environment can lead to improving the quality of being a good human being too later.

## CONCLUSION

Based on the results of research conducted by researchers at SMPN 1 Muaro Jambi, namely how to improve discipline through counseling guidance services in the learning process, which was observed on 28 students, namely class VII students, it can be concluded that through counseling services regarding improving student discipline in learning, the process is good, however Students cannot fully comply because of existing regulations at school, because of social factors in the school environment. This is one of the challenges for guidance and counseling teachers where they must be able to understand children well so that children can follow school rules when they are in the school environment. The research results obtained show that the method of increasing discipline in teaching and learning activities through counseling services at SMPN 1 Muaro Jambi focuses on neat and complete dressing (according to applicable school regulations). As for suggestions for future researchers, it is hoped that they will use more accurate instruments in making observations regarding student self-discipline in particular.

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