
The Role of Counselor in Developing Student's Assertive Behavior

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Abstract

Assertive behavior has an important role for students as a means of control in performing an action and the ability to express emotions appropriately. Students who are not assertive, indicated resources by reviews their dependence on the environment, lack of understanding of reviews their needs, and difficult, to say 'no', so easily affected and carried away in negative environments. Therefore, students need to be given understanding and training from professionals. One of the which is a counselor through guidance and counseling services to direct and help develop student assertive behavior in order to live a better life in the future. This paper discusses the basic concepts of assertive behavior and the role of counselors to assist students in developing assertive behaviors.

Keywords: assertive behavior, counselor, student.



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Introduction

Adolescence is a part of the task of development where people are trying to build a relationship with the environment. This is done because most teenagers experience an identity crisis, it means that teenagers trying to determine who they are, where to direct your life, how and most importantly want to receive recognition from others against them. These circumstances make the students volatile and still very dependent on the environment, which is often affected and do not understand what is really desired.

As a preparation for adulthood, teenagers need the ability and the skills to be had. The impetus to form and showed identity, teenagers often excessive even doing extreme things that are not infrequently seen by environmentalists as misbehavior/misconduct. Encouragement identity formation in adolescents, starting by building relationships with peer groups. In the peer group, adolescents have also held roles and often highly adherent to a given role as a sense of camaraderie and solidarity. In addition, young people have a strong desire to be accepted by peers, so it is often difficult to refuse an invitation as a form of solidarity in order to be accepted in the peer group, even though the invitation was not appropriate or could even harm themselves. Teenagers also tend to make decisions under stress and contain many emotional factors (Mann, Harmoni, and Power in Santrock, 2003).

At the time of this development, so that the search for identity leads to positive teenagers need to have the ability to assertive behavior. Individuals who assertive able to tell others about the things

that are desirable and undesirable. Assertive refers to one's ability to advocate ideas, interests and feelings easily, appropriately and without anxiety, while at the same time respecting the same characteristics in others (Fensterheim, Wilson & Gallios, Wolpe, in Lizarraga, Ugarte, Elawar, Iriarte, & Baquedano, 2003).

The problem that occurs is still lack of student's assertive behavior. The observations made in the high school of Padang showed that in general, students do not dare to express their opinions in class, the student is difficult to say 'no' and prefer to join in with friends without thinking about the effects of good and bad, to express emotions that tend to be aggressive especially when faced with social conflict. Research by Netrawati, Furqan, Yusuf, & Rusmana (2016) showed that in social relationships sometimes students speak disrespectfully, making other people hurt and eventually hostility and bickering that harm themselves and others both physically and psychologically. Students who are not assertive may result in bullying. Victims of bullying are usually passive, unable to defend or defend themselves because of weak physically or mentally so as a matter of derision friends who feel more powerful (Yandri, Daharnis, and Nirwana, 2013).

In addition, the development of more advanced age and the number of external influences demanding teenagers to be more assertive and able to control yourself is to assertive behavior. With assertive, the teenagers can skip development tasks well. Therefore, adolescents need to cultivate assertive behavior to express themselves openly, honestly, and decide which is more realistic according to personal needs. This is certainly a special concern for many parties, including counselors, as professionals through guidance and counseling services in schools. Counselor needs to provide insight and training in developing assertive behavior.

Discussion

Basic Concepts Assertive Behavior

Any activities by individuals originate in the mind which is then realized in the form of behavior. The behavior of an individual action taken against him and others for specific purposes. The behavior also means how people express themselves. Behaviors that often appear on the individual such as passive, aggressive and assertive. Torucu, McWhirter, Voltan-Acar, Alberti & Emmons (Gundogdu, 2012) explains that in expressing emotions and thoughts of individuals using three main behavioral patterns. Behavior involving shyness, assertiveness, and aggressiveness. Individuals who often feel ashamed difficulty expressing themselves, consequently they are not comfortable showing emotion and unable to defend rights. Conversely, individuals who aggressively tended to ignore people's personal goals and needs, it could lead to individuals becoming an unwanted person in the vicinity. While assertiveness is a way to defend the rights regardless of the low and ignoring the rights of self and others.

Assertive behavior is the behavior of searching, maintaining or increasing strength in interpersonal situations through the expression of feelings or desires (Rich & Schroeder, in Porreco, 2010). Furthermore, Sjarkawi (2008) explains that individuals in the assertive type are characterized by being able to say your opinions, ideas, and ideas are decisive, critical but delicate feelings so as not to hurt the feelings of others. Assertive individual behavior has struggled to defend its own rights, but do not ignore or threaten the rights of others, involves the feelings and beliefs of others as part of the interaction, expressing their own feelings and beliefs by way of an open, direct, honest, and accurate. This suggests that assertive behavior is the expression and/or disclosure of the individual self to something. The ability to assertive behavior will have a positive impact on the individual. The assertive act can improve the relationship honest, helpful to know better about themselves and control themselves in everyday situations. Develop the ability to express themselves, reduce stress, increase self-esteem, improve decision making, and feel more confident in the relationship (Asokan & Muthumanickam, 2013).

Assertive individuals also have some specific characteristics. Based on clinical experience regarding assertive as a method to control the soul disease, Salter (Peneva&Mavrodiev, 2013) identified six characteristics of strong personality assertive, namely (1) express their feelings openly, (2) the expression of talk right and spontaneous suit yourself, (3) the ability to express disagreement with the opinions of others through direct expression and clearly aligned itself, (4) using the pronoun "I", (5) received praise, as an expression and assessment of abilities, (6) act in accordance with the self and denial as a manifestation of what their tendencies themselves. In addition, any form of behavior that have factors that influence, as well as assertive behavior. Cook & St. Lawrence (Singhal& Nagao, 1993) explains that "Assertiveness is influenced by such factors as a level of assertion, the gender of a person, culture and situational context". Furthermore, Hargie (2011) states that there are several factors that affect the level, nature, and effectiveness of assertive consists gender, culture background, situation, age, the level of firmness.

The importance of assertive behavior will assist individuals in maintaining social relationships. This is in accordance with the opinion Erbay&Akca (2013) which states that assertiveness is a way to socialize and ease of establishing communication with everyone. Assertive communication is not just about building, but be assertive need to have a strong self-belief. Poyrazli research results, Arbona, Bullington, & Pisecco (Arigbabu, Oladipo, and Gabriel, 2011) showed that a high correlation between assertiveness and academic. Students who have a high assertive then have the academic self-efficacy. Assertive behavior can form self-efficacy so that students can be independent and successful academic. Furthermore, Acocella& Calhoun (1995) states that, with their assertive behavior, students are free to make choices and implement them, as well as responsible for their actions. In addition, raises self-esteem and give you a better chance to get something liking. Based on the results of research and expert opinion to prove that assertive behavior is indispensable in every side of life, both at school and the wider environment.

The Role of Counselor in Developing Assertive Behavior

The adolescence as individuals who are under development should be directed in order to undergo development tasks well. One party who was instrumental in helping steer students are counselors. Counselors are educators status as professionals with the primary task of implementing the learning process in the field of counseling services (Prayitno, 2014). As well as other professional educators, counselors also have requirements that must be met, that have academic qualifications and competency standards counselor (Ministerial Regulation No. 27 of 2008). In providing counseling, the counselor expected to provide counseling services for the realization of optimal development of individual self-reliance. With the achievement of the vision and mission of counseling, of a positive impact on individuals in the past the development tasks.

Based on the problems that were outlined earlier, students who are in their teenagers, need to be given special attention in carrying out development tasks. At this time, teenagers often have a lot of problems in actualizing the self, identity crises and difficult states need to be honest and open. To cope with these things, we need a capability that is assertive behavior. Assertiveness is a part of the personal potential. It is a prerequisite for self-actualization (Peneva&Mavrodiev, 2013). Assertive behavior is the potential that exists in the individual and can be learned from their environment. The environment in question is the first family as a social environment for individuals. The patterns are learned from this environment as a reaction to social situations (Anindyajati, Karima, and Esa, 2004; Marini & Andriani, 2005). In addition, the social environment also requires attention peer counseling and guidance services, for the development of school-age adolescents mostly spent when being in that environment. peer environment is a fragile environment in the development of the individual, which will affect the formation of attitudes, beliefs and behavior, and the impact on the lives of individuals in the future. With the ability of assertive behavior, students were able to become a person who can actualize themselves on the positive things, able to express themselves clearly needs without losing their own identity and being able to take a well-informed decision.

One effort that can be done is through the provision of guidance and counseling services. guidance and counseling services is an integration of education which takes place in the form of a learning situation to master something new. In accordance with the education system in Indonesia, which long ago already determined that guidance and counseling services as an integral part of education make students independent and develop optimally (Afdal, 2015). Studies carried out with regard to the role of counselor as professionals in guidance and counseling are expected to help develop assertive behavior of students.

Guidance and counseling services are maintained in the various fields of development, type of services and support activities. Guidance and counseling services refer to the seven areas of development, ten kinds of guidance and counseling and six forms of support activities. Ten kinds of guidance and counseling services consists, (1) Orientation Services, which helps individuals understand the new environment and make it easier to adapt to the individual when in a new environment; (2) Information Services, which helps people accept and understand the broad range of knowledge related to the field of personal, social, learning, career/job and further education; (3) Placement and Distribution Services, which helps individuals obtain proper placement and distribution in the various occupations/activities in accordance with the potential of the individual; (4) *Layanan Penguasaan Konten*, which helps people to master certain content, especially competence and or habits that are useful in life in family and society; (5) Individual Counseling Services, which helps individuals to alleviate personal problems; (6) Group Guidance Services, which helps the individual in personal development, social relations ability, learning, career/job, and decision-making, as well as perform certain activities through group dynamics; (7) Group Counseling Services, which is aid to individuals in addressing and alleviating personal problems through group dynamics; (8) Consultation, namely assistance to individuals and/or other parties in gaining insight, understanding, and ways need to be implemented in handling the conditions and/or individual problems; (9) Mediation, which help learners solve problems and improve relations between them during the conflict and (10) Advocacy Services, which helps individuals to fulfill a range of rights that have been violated by people/organizations in the fulfillment (Prayitno, 2014; Alizamar, 2016; Afdal, 2015).

Guidance and counseling services in order to develop assertive behavior, advance students need an understanding with regard to the assertive behavior. Then, the counselor also can perform a simple training to the students to practice assertive behavior so as to apply to myself and others. Based on the types of services mentioned earlier, the services that can be provided by counselors in developing assertive behavior are as follows:

1) Information Services

Intended to help students get a variety of information that is required as a reference to act and behave in everyday life, as consideration for the development direction themselves, particularly in developing assertive behavior. Counselors as services providers, must take full control of the information content of the services, well acquainted with the students and their needs, and use creative ways to implement the services, which in turn through this services, counselor successful in helping students develop the ability of assertive. The information provided is an understanding of the concept of assertive behavior, intelligent understanding yourself, dare to say 'no', and other materials. Services information is one of the basic services that can be provided in the development potential of students, with a range of knowledge and understanding of a variety of useful things to know ourselves, to plan and develop a pattern of life as students, family members, and society (Yusri, 2013).

2) Group Guidance Services

Aims to train social skills, especially communication skills both in expressing feelings, perceptions, thoughts, and insights of individuals. Counselors can take advantage of the

dynamics of the group to discuss specific topics and issues related to the assertive behavior. With the dynamics of the group, students can perception and insightful with more targeted, flexible and comprehensive, and dynamic. Through this services, is also expected to train students to appreciate the feelings and rights of others in the group and dare to express themselves honestly and in an appropriate manner.

3) *Layanan Penguasaan Konten*

The counselor can provide simple training related assertive behavior, one of which can be done through role play. The material can be constructed by utilizing the services conditions and the various things that exist in the environment (Prayitno, 2017). Through this services, individuals should be able to master certain content, especially the competence and/or habits that are useful in the life of the family, school, and community, especially in developing assertive behavior.

Conclusions

The above discussion shows the importance to develop assertive behavior in adolescents. With the ability assertive, so teenagers can express themselves in an honest, clear and public as needed, able to get the right of self-identity in the environment so as to actualize themselves in a positive direction. Conversely, due to lack of assertive behavior teenagers will be difficult to determine what is really desired, which they can only be part of it and do not do rejection although not according to personal needs. Teenagers who already assertive behavior expected to be able to defend it, whereas for teenagers who do not assertive behavior, should be given an understanding with the aim to develop assertive behavior. Counselors as having an important role in helping students develop assertive behavior can provide some form of direct services include information services, group counseling services, and *layanan penguasaan konten*. Guidance and counseling services provided, will be more successful if there is support from various parties including parents, teachers, and principals in order to help develop assertive behavior of students.

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