Humanistic Counseling and Student Learning Motivation

Etty Kustinah[1], Kambali Kambali[2], Marwah Lama'atushabakh[3]
[1] Teacher, MTSN 11 Cirebon, West Java, Indonesia
[2] Lecturer, Universitas Wiralodra, Indramayu, West Java, Indonesia
[3] Postgraduate students, IAIN Syekh Nurjati Cirebon, West Java, Indonesia

Article Info	ABSTRACT
  Read online: *Scan this QR code with your smart phone or mobile device to read online.*	In the learning process of course, some things hinder the learning process, especially learning motivation. This study aims to raise issues and efforts to increase student motivation at MTSN (State Islamic Junior High School) 11 Cirebon with the humanistic counseling method. This study uses a qualitative method with a descriptive approach. The study results show that the humanistic counseling method has been applied at MTSN 11 Cirebon. Teachers cannot only rely on one method but need to integrate humanistic, behavioristic, and psychoanalytic. Some of the problems of student motivation at MTSN 11 Cirebon are the lack of student activity in the classroom, students still being reluctant to the teacher, a crisis of self-confidence, not collecting assignments, etc. As for some of the efforts and basic techniques of teachers using humanistic counseling, the first is to combine humanistic values in the counseling system, such as self-awareness, freedom of opinion, responsibility, search for meaning in the learning process, and respect for time. Second, the teacher tries to help students to have a correct understanding of learning motivation. The teachers are very important in helping students to study well so that learning outcomes are maximized. **Keywords:** Learning Motivation, Learning Achievement, Humanistic Counseling, Classical Counseling, Peer Counseling

Corresponding Author:
Etty Kustinah
Teacher, MTSN 11 Cirebon, West Java, Indonesia
Email: kustinahetty@gmail.com

1. INTRODUCTION

Learning achievement is a measure of how successful a student is in education (Goldhaber & Özek, 2019; Rafiola et al., 2020). However, achieving high achievement is not as easy as turning the palm. There are challenges that students, teachers, and educational institutions must pass (Hidayat et al., 2022). Preparing the next generation of quality is one of the main tasks of educational institutions (Gürdür Broo et al., 2022; Jeliazkova & Westerheijden, 2002). If a student can achieve high achievement, then the student can be said to be developing optimally. The achievement of optimal educational outcomes can be obtained from the strong efforts of students, teachers, and educational institutions (Asiyai, 2022; Farah Bakhiet & Mohamed, 2022; Ulfa et al., 2021). One of the factors that influence learning outcomes is learning motivation (Fatimah et al., 2022; Hidayat & Perdana, 2021; Moore & Wang, 2021; Nur Aisyah et al., 2021; Rizkiawan et al., 2022). To increase learning motivation, the teacher must approach students by combining the values of a humanistic approach (Dziubaniuk & Nyholm, 2021; Felix, 2005). It is intended that student learning motivation continues to grow to achieve maximum educational goals. Learning motivation is influenced by several factors, including student goals, student learning abilities, student conditions, environmental conditions, dynamic elements in learning, and teacher efforts (Papi & Hiver, 2020; Wardani et al., 2020).

One of the efforts to increase learning motivation is with humanistic counseling guidance (Qiu et al., 2020; Saputra et al., 2021; Zajda, 2021). Humanistic psychology is very concerned about the human

dimension related to the environment humanely by focusing on the freedom of individual thinking (expressing opinions and making choices, values, personal responsibility, autonomy, goals, and meaning) (Brossard Børhaug & Weyringer, 2019; Elshof & Hendrawan, 2022; Ryan et al., 2012). Counseling is an important aspect of education to increase student motivation to learn (Campbell & Brigman, 2005; Rich & Shiram, 2005). The humanistic approach is part of one approach to learning. The humanistic approach in education focuses more on human potential to seek and discover their abilities and develop them (Copley & Carney, 2020; Sanz et al., 2017).

The author reviews several journals on humanistic counseling research. Indrayani et. al. (2020) researched "Effectiveness of Humanistic Counseling with Modeling Techniques to Improve Students' Self Exhibition". This study aims to determine the difference in self-exhibition between students who follow humanistic counseling modeling techniques and students who do not follow humanistic counseling modeling techniques and to determine the effectiveness of humanistic counseling services with modeling techniques on students' self-exhibition. This study concludes that there are differences in self-exhibition between students who follow humanistic counseling of modeling techniques and students who do not follow humanistic counseling of modeling techniques and it turns out that humanistic counseling of modeling techniques is effective in increasing students' self-exhibition. This research implies that the results of modeling techniques are expected to help direct students' behavior and are willing to imitate positive things in everyday life.

Elmansyah, T and Sutoyo, A. (2015) researched "Humanistic-Based Peer Counseling Model to Improve Students' Interpersonal Skills". The purpose of this study was to determine the feasibility of peer counseling implementation, to find a humanistic-based peer counseling model, to determine the effectiveness of the humanistic-based peer counseling model to improve students' interpersonal skills. The results showed that before this model was applied, it showed that the use of peer counseling to improve students' interpersonal skills had not been optimally implemented. After the humanistic-based peer counseling model was developed, this method proved to be effective in improving students' interpersonal skills.

Kristayanti et. al. (2013) researched "Implementation of Humanistic Existential Counseling to Improve Learning Motivation of Students Who Have Low Learning Responsibilities". This study aims to determine the increase in learning motivation of students with low learning responsibilities in class X 1 SMA Bhaktiyasa Singaraja after attending Humanistic Existential counseling services. The subjects of this study were 3 students with low learning responsibilities influenced by low learning motivation. The results showed that applying of Humanistic Existential counseling can increase the learning motivation of students who have low learning responsibilities in class X 1 SMA Bhaktiyasa Singaraja.

From the three studies above, the authors are interested in raising the title "Humanistic Counseling Methods and Learning Motivation" with a different procedure from the studies above. The purpose of this study is to thoroughly explore the problems of learning motivation that can affect students in the learning, investigate the factors that support learning, and describe some of the advantages and disadvantages related to humanistic counseling. The benefit of this research is to help educators and students improve the quality of the learning process and evaluate the things that hinder the learning process in the world of education. This idea was put forward on the basis that counseling services with humanistic values can be used as a means to facilitate and encourage students to be able to optimize their potential in order to increase learning motivation.

2. METHOD

This study uses qualitative methods with descriptive analysis. Qualitative research explains and analyzes phenomena, events, social dynamics, attitudes, beliefs, and perceptions of a person or group of something. The research location is MTSN 11 Cirebon, Indonesia. The subject of this research is a BK teacher (counseling guidance teacher). The selection of BK teachers at MTSN 11 Cirebon is based on a logical consideration that MTSN 11 Cirebon is one of the Islamic junior high schools with achievements in academic and non-academic fields. Data collection through interview techniques. Researchers conducted questions and answers to the BK MTSN 11 Cirebon teacher face-to-face. Through this interview, researchers learn more about counseling activities at MTSN 11 Cirebon and find out the students' learning motivation.

This qualitative research process involves important efforts such as: asking questions, developing procedures, and collecting specific data from informants or participants. This research activity is to record all findings regarding efforts to increase students' learning motivation regarding humanistic counseling. After that, the researcher combines all the findings with theories relevant to the research object. The theories are obtained from relevant books and journals.

3. RESULTS AND DISCUSSION

3.1. Results

3.1.1. Student Learning Motivation Problems

The results of interviews with resource persons (BK teachers at MTSN 11 Cirebon) said "Efforts to increase student motivation and problems cannot be equated, we must look at the background of the case, students and their families. Different cases, different solutions." Humanistic counseling has been implemented at MTSN 11 Cirebon as a child-friendly program, but he said that MTSN 11 Cirebon not only uses humanistic theory but is assisted by other methods such as behavioristic and psychoanalysis.

Summarizing the results of interviews with respondents, in general there are several problems that can interfere and affect the learning motivation of MTSN 11 Cirebon students, including the following:

Lack of student activity in class

The BK teacher said that there were several students from each class at MTSN 11 Cirebon who were less active in the classroom during the learning process. This problem is caused by several things, one of which is the lack of students' self-confidence. As stated by him "There are some children who are less active in class, when learning takes place they seem less enthusiastic in learning, maybe because they are less motivated" (Interview on August 8, 2022 in BK Room)

Some students are still reluctant to ask the teacher

In the interview the BK teacher said "In learning in class there are quiet students. When the teacher explained the material, the teacher did not know that the students understood or did not understand the teacher's explanation, there were still many students who were reluctant to ask the teacher" (Interview on August 8, 2022 in BK Room). Learning objectives will not be achieved if the questioning skills between teachers and students do not work as expected. For this reason, so that the learning process is in accordance with what is expected, the question and answer process in class is very important.

Assignments are carried out by the parents of the students

One of the requirements for students to be able to excel is the independence of students in the learning process. This is closely related to the aspect of student independence, according to what the respondent said "There are still many learning problems such as students whose homework is still done by their parents. Of course this will hinder the student learning process, but this problem is dominated by grade 7" (Interview on August 8, 2022 in BK Room).

Student self-confidence crisis

The BK teacher said that this could be due to the background of the students and their families, and the upbringing of parents also greatly influenced the personality of the students. The level of student self-confidence also affects the student's learning process. "There are students who have a low level of self-confidence, usually they rarely get along and experience several other social problems" (Interview on August 8, 2022 in BK Room).

Not collecting assignments

Learning motivation affects the quality of student learning. Not submitting assignments is one example of a lack of motivation to learn. Learning motivation is closely related to students' independence in learning, "the other problem is that there are some students who very rarely collect assignments, the problem of student motivation in learning is the cause. Teacher firmness is also needed on this issue." (Interview on August 8, 2022 in BK Room).

Students live with their imagination

The MTSN 11 BK teacher said "There are some children who have problems such as having imaginary friends. Factors caused by trauma, physical violence or other. The child seeks comfort by imagining it." Maladaptive daydreaming is a condition that causes a person to daydream intensely, thereby neglecting normal daily activities. Maladavtive daydreaming occurs when a person is immersed in his fantasies and experiences emotional attachment to his fantasies for a long time, so that he becomes unfocused and ignores the real world.

Students admit their mistakes (honesty)

Honesty is an attitude that everyone should have. Corruption, collusion and nepotism exist because of a lack of honesty. Honesty is a person's decision to reveal the truth that is not manipulated by lying or deceiving others for his own benefit. The MTSN 11 BK teacher said "there are also problems such as students who find it difficult to accept that they have made mistakes. Students who often disobey the teacher, it becomes our challenge in dealing with this problem" (Interview on August 8, 2022 in BK Room).

Students' assumptions about teacher's advice

If the teacher tries to advise the student, the student assumes that the teacher is scolding him. There are students who assume that entering the BK room are students who have problems.

3.1.2. The Efforts to Increase Student Motivation at MTSN 11 Cirebon

BK teacher MTSN 11 Cirebon said to increase student motivation, MTSN 11 Cirebon held several counseling programs. Counseling programs at MTSN 11 Cirebon: 1). Classical Counseling. The BK teacher at MTSN 11 Cirebon said "To solve the problems of counseling, we held a classical counseling program, but this service is starting to be available for grade 8. Classical counseling has 2 hours a week". 2). Peer Counseling. The BK teacher at MTSN 11 Cirebon said "In addition to classical services, we also hold peer counseling programs. This is because we have difficulty in detecting students' personal problems, so with this method we hope to be able to deal with them" (Interview on August 8, 2022 in BK Room).

3.1.3. The Application of Humanistic Counseling to Build Student Motivation

Some examples of the application of humanistic theories to build student learning motivation. 1) Integrating humanistic values in the counseling system such as self-awareness, freedom of opinion, responsibility, seeking meaning in the learning process, and learning to respect time. Respondents said "An example of the application of Humanistic Counseling here (MTSN 11 Cirebon) is the counseling services provided to students in line with humanistic values such as self-awareness, students are free to express opinions, students must be able to find meaning in each of their own learning processes, and respect time". 2) Teachers help students to get high learning motivation. The role of the teacher is very important in helping students to learn well and get maximum learning outcomes. Respondents said "Teachers help students to have learning motivation such as being diligent in doing school assignments, determination to face difficulties" (Interview on August 8, 2022 in BK Room).

3.2. Discussion

Education is believed to be one of the fields that has an important and strategic role in the development of a country (Amoli & Aghashahi, 2016; Maringe & Carter, 2007). Teachers play a very important role in motivating their students (Chiu, 2022; Suteja & Setiawan, 2022; Szymkowiak et al., 2021). The teacher as a motivator means the teacher as a driver of students in order to increase the enthusiasm and development of student learning activities (Anwar et al., 2021; Young, 2005). Based on the results of studies that have been carried out by researchers, teachers at schools have an important role in their students to direct, guide and give instructions, such as crew members who are guided and given instructions by a captain so that the ship can run well to its destination.

The results showed that MTSN 11 Cirebon used humanistic counseling services as its basic counseling. However, in its implementation, guidance and counseling teachers cannot only use one humanistic method, but must use a combination of several methods such as humanistic, behavioristic, and psychoanalytic. According to the humanistic theory of learning that student success is achieved when students understand themselves and their environment (Honkimäki & Tynjälä, 2018; Santos, 2009). This theory focuses on self-actualization (humanizing humans) (Arifi, 2017). This theory understands learning behavior from the point of view of the perpetrator, not from the point of view of the observer. According to behavioristic theory, learning is a change in behavior that can be observed directly, which occurs through the relationship of stimulus-stimulus and responses (Merriam, 2018). Behavioristic theory believes that every human child is born without an inheritance of intelligence, inheritance of talent, inheritance of feelings and other abstract inheritances (Wahyuni & Azwar, 2022). Psychoanalytic theory is a theory that focuses more on the nature and development of students' personalities (Maree, 2022).

The main points of implementing humanistic counseling at MTSN 11 Cirebon are: 1) Integrating humanistic values into the counseling system such as self-awareness, freedom of opinion, responsibility, seeking meaning in the learning process, and learning to respect time. In general, the understanding of humanistic learning theory is physical and mental behavior that maximizes the process of personal development. 2) The teacher tries to help students to have a correct understanding of learning motivation. Because the role of the teacher is very important in helping students to learn well. With the guidance and guidance of the teacher, students can know what is right and wrong. Teachers are challenged to help students to have an understanding of the correct learning motivation, such as being diligent in doing school assignments, strong determination in the face of difficulties in the learning process.

The MTSN 11 BK teacher said, to increase student motivation, MTSN 11 Cirebon held several counseling programs. 1) Classical Counseling. One phenomenon that often occurs in schools is the increasing number of cases of students violating school rules. Guidance and counseling services are assistance services for students, both individually and in groups, to be able to be independent and develop optimally in the fields of personal life development, social life, learning abilities, and career planning, through various types of support services and activities, based on norms. - applicable norms. The BK teacher at MTSN 11 Cirebon said, "One of the problems that hinders the counseling process is that students are still reluctant to consult with teachers. The student does not realize that he or she has a mental problem. We have to try to identify which students have problems, and which students are not problematic". This problem can be overcome through the classical guidance service program. Classical tutoring services are the most effective way of identifying students who need extra attention. Respondents stated that "Classical counseling services at MTSN 11 Cirebon have a special time of 2 hours per week and are available in 8th grade". The function of classical guidance is to help individuals adjust, adapt and provide support to their

group/environment of friends. This classical counseling is preventive in nature to avoid actions that endanger themselves and others. 2) Peer Counseling. Peers are children with more or less the same maturity level or age. Peer counseling is a variety of behavior to help interpersonally carried out by non-professional individuals who try to help others. Peer counseling includes individual helping relationships (one-to-one helping relationships), group leadership, discussion leadership, turorial giving, and all human interpersonal activities to help or help. Although the age of adolescents has been said to be sufficient to determine the direction of their own actions, their self-determination in behaving in their environment is still influenced by pressure from their peers. The benefits of peer counseling are to help students solve problems, help new students during student orientation, help new students to establish relationships with their peers.

According to the BK teacher at MTSN 11 Cirebon, "The humanistic method can be used to awaken students and build motivation to learn. However, we still need other theories, we have to look at the cases and students' backgrounds, different problems, different ways of handling". He also explained some shortcomings when teachers only use humanistic theory in their schools. Table 1 below is an explanation regarding the shortcomings of the humanistic method.

Table 1. The Lack of Humanistic Methods.

No.	The lack of humanistic methods.	Note
1	Teachers are undervalued	Children who like to disobey their parents usually get carried away to school. The humanistic approach sometimes becomes a boomerang for teachers. There are some students who are not afraid of the teacher, so they need a little pressure on the students.
2	The student's ability is hampered	Students who do not want to understand their potential will be left behind in the teaching and learning process. The difference in the level of students' learning motivation causes some students to be left behind in the learning process. Every student must understand the rights, obligations and responsibilities at school so that teaching and learning activities can run well.
3	Students are not responsible	Learning responsibility is a very important aspect of education. The application of the humanistic method sometimes has students who cannot be made aware by the teacher. There are students who stubbornly do not listen to the teacher's advice. This causes the student to be less responsible.

Table 2 below is a discussion of various problems of student motivation using a humanistic theory approach.

Table 2. The Problems of Student Motivation and The Humanistic Theory Spproach.

No	The Problems Affecting Student Learning Motivation	Solutions
1	Lack of student activity in class	Student activity is a form of enthusiasm for learning. Student activity can be seen from various things such as paying attention (visual activities), listening, discussing, student readiness, asking questions, student courage, listening, solving questions (mental activities) (Wibowo, 2016). The solution is that the teacher encourages how students feel and behave towards something, so that these students can be motivated to be more active in classroom learning. Teachers must adapt learning styles that are suitable for students.
2	Some students are reluctant to ask the teacher	The use of the question and answer method properly and appropriately can stimulate students' interest and motivation. The solution is that we as teachers must be able to make children comfortable when they are in the classroom (Huriyah & Hidayat, 2022). A humble teacher is the desire of every student (Tang et al., 2021). A pleasant classroom atmosphere,

		students will enjoy their learning activities without feeling pressured. A comfortable atmosphere will make students more flexible towards the teacher.
3	Assignments are carried out by the parents	A person's learning independence is indicated by the confidence in his ability to solve various kinds of problems, without the help of others to solve these problems. Student independence can indirectly hinder the process of student achievement. Parents only accompany children to do homework from the teacher(Trautwein et al., 2009), not do it. In principle, parental attention to children's education shows how to guide and direct children. The solution is that the teacher communicates with the students' parents and explains about the problem of student learning independence.
4	Student self-confidence crisis	Self-confidence is a positive attitude, where a person is able to develop positive values towards himself and the environment (Díez-Palomar et al., 2020). The problem of self-confidence is one of the factors that affect the achievement of student success. Teachers have an important role in overcoming this problem, one of which is to understand what is the problem in students. Students who come to school have various understandings of themselves. Overall and an understanding of their own abilities in particular, they have a certain picture of themselves as humans and about their ability to deal with the environment. Teachers must be able to see the world of students, how students think and feel about themselves. In this way, the teacher will know and understand the perceptions and feelings of his students. The teacher must motivate that the student is valuable.
5	Not collecting assignments or homework	Someone who has high learning independence is able to manage their own learning activities starting from the preparation, implementation, and evaluation stages. Learning motivation is the overall driving force in students that gives rise to learning activities, which ensures the continuity of learning activities and gives direction to learning activities, so that the goals desired by the learning subjects can be achieved (Kazemi et al., 2022). Good learning motivation will support the successful implementation of learning activities, with effective and efficient student learning independence, will support the achievement of good learning outcomes. Based on the quote above, the role of the teacher here is very important to increase student learning motivation. The solution is that the teacher must approach students, about how and awaken students to become good students, give tasks that are not too heavy, the teacher must immediately correct the student assignments that students have collected on time, give the student an award.
6	Students live with their imagination	Maladaptive daydreaming disorder is caused by several factors such as experiences of violence, trauma, and loneliness (Musetti et al., 2022). MD is used by people to get out of feeling uncomfortable in the real world. This will have a bad impact when the child continues to fantasize excessively for a very long time, so the teacher must talk to the student's parents to take the student to a psychologist for further treatment.

| 7 | Students admit their mistakes (honesty) | In Indonesia, there are many cases of moral degradation (Fatchurrahman, 2017). One of them is the issue of honesty. Honesty is one of the attitudes in which his actions, his words that are issued from the heart, are in accordance with the facts. Honesty is one aspect that must be owned by all students. Character education and honesty are needed, for example in MTSN 11 Cirebon such as honesty canteen, teaching the 5 daily prayers and other worship. |

4. CONCLUSION

The study results concluded that the humanistic counseling method had been applied at MTSN 11 Cirebon, but in practice teachers could not only rely on one method, but needed to integrate several methods such as humanistic, behavioristic, and psychoanalytic. The points of application of humanistic counseling are the combination of humanistic values in the counseling system such as self-awareness, freedom of opinion, responsibility, seeking meaning in the learning process, and learning to respect time. Some of the problems of student learning motivation are the lack of student activity in the classroom, students are still reluctant to the teacher, a crisis of confidence, not collecting assignments, there are also problems such as students finding it difficult to admit mistakes when the teacher tries to advise students, the students assume the teacher scolds them.

The solution using a humanistic theory approach is that the teacher encourages students to feel and behave towards something so that these students can be motivated to be more active in classroom learning. Teachers adjust learning styles that are suitable for students. The teacher communicates with the parents of the students concerned in order to understand the students. Teachers must approach students about how and make students aware of being good students. The teacher gives tasks that are not too heavy. The teacher must immediately correct the student assignments that students have collected on time. The teacher gives awards to students who submit assignments on time. Character education is a solution for less honest students.

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