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The Impact of Group Counseling on Assertive Behavior Development: Study at LPP Class II Palembang

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Abstrak: Perilaku asertif adalah kemampuan mengungkapkan perasaannya secara jujur dan terbuka tanpa menyinggung orang lain. Seseorang yang tidak menunjukkan perilaku asertif, cenderung mengalami kesulitan dalam menyesuaikan diri. Penelitian ini bertujuan untuk mengetahui pelaksanaan konseling kelompok dalam membangun perilaku asertif warga binaan di LPP Kelas II A Palembang. Jenis penelitian yang digunakan dalam penelitian ini yaitu kuantitatif dengan metode deskriptif kuantitatif, pengambilan sampel dengan purposive sampling yang berjumlah 7 orang. Teknik pengumpulan data dengan observasi, dokumentasi dan kuesioner. Hasil penelitian, dengan analisis data menggunakan deskriptif statistik, didapatkan nilai mean (rata-rata) sebesar 94,43 (kategori tinggi), hal ini menunjukkan peningkatan kepercayaan dan kenyamanan diri antara anggota kelompok tumbuh secara bertahap, setelah melaksanakan konseling kelompok dengan teknik asertif training yang mampu memberikan perubahan terhadap perilaku asertif individu dikarenakan individu secara langsung mendapatkan pelatihan untuk dapat mengambil keputusan terkait rencana kehidupan mereka kedepan setelah keluar dari masa pembinaan mereka dan dapat dikatakan bahwa warga binaan sudah memiliki konsep diri. Selain berbagi cerita, anggota kelompok juga belajar untuk mendengarkan dan memberikan umpan balik yang baik dan konstruktif (membangun), hal inilah yang membangun perilaku asertif mereka

Kata kunci: Konseling kelompok, Perilaku Asertif, Warga Binaan Lapas

Abstract: Assertive behavior is the ability to express one's feelings honestly and openly without offending others. A person who does not exhibit assertive behavior, tends to have difficulty adjusting. This study aims to determine the implementation of group counseling in building assertive behavior of inmates in LPP Class II A Palembang. The type of research used in this study is quantitative with quantitative descriptive methods, sampling with *purposive sampling* totaling 7 people. Data collection techniques with observation, documentation and questionnaires. The results of the study, by analyzing data using descriptive statistics, obtained a *mean* value (average) of 94.43 (high category), this shows that the increase in confidence and self-comfort between group members grows gradually, after carrying out group counseling with assertive training techniques that are able to provide changes to individual assertive behavior because individuals directly receive training to be able to take decisions related to their future life plans after leaving their coaching period and it can be said that the inmates already have a self-concept. In addition to sharing stories, group members also learn to listen and give good and constructive

(constructive)feedback, which is what builds their assertive behavior

Keywords: *Group Counseling, Assertive Behavior, Prison Assisted Residents*

INTRODUCTION

Many human behaviors exhibit behaviors that violate norms, such as state law, criminal, and criminology, which harm themselves and cause unforgivable victims. The perpetrators of this violation are not only limited to men, but also involve many women of various ages. Some examples of criminological behavior include murder, violence, rape, theft, robbery, fraud, persecution, substance and drug abuse, corruption, and others. Factors that influence this criminological behavior include low levels of education and economics, as well as a lack of knowledge of the law. These factors are what cause a person to have to face the law and become a resident in the Women's Correctional Institution (LPP). LPP is a place that is specially provided as one of the efforts to deal with violators who commit acts that are detrimental both to themselves and others."(Wulandari, 2012).

Various cases that background women have to live their lives in LPP, as described in a study conducted by (Zubaidah et al., 2023). In the Class III Sigli Women's Correctional Institution, Pidie Regency, there are drug cases. One of them is the diverse roles that make them in LPP, such as being the boss of a dealer, a courier, an ordinary salesman, and a storage place. Their involvement is generally triggered by economic factors, with easy access obtained from friends, husbands, or neighbors speeding up the process. This economic factor has two observable sides: first, because of the urgent economic need, and second, because of the drive to achieve economic sufficiency and the desire for luxury.

Another example of a case carried out by a woman, namely a murder case in a study (Nabila, 2021) at the Class II A Women's Correctional Institution in Palembang, there was a woman called with the initials RN who was born into a family that lacked attention and experienced economic difficulties. After finishing junior high school, her parents forced RN to marry a man she didn't even know, and even more shockingly, the man was much older than RN. The age difference between RN and her husband is the cause of disharmony in their family relationship, and this triggers her criminal acts. In such difficult family conditions, RN has a new lover who often meets and plans to kill her husband along with her lover.

Based on the phenomenon of the above cases, it can be concluded that the main factors for the occurrence of criminal acts, namely low economic factors such as theft, robbery, drug abuse, fraud, violence and so on. Likewise, from the experience of friends who did internships at LPP Class II A Palembang. There are teenagers who commit criminal acts, namely becoming drug

dealers which causes them to drop out of school and there are also inmates who become subscribers in and out of prisons (recidivist).

These realities also occurred in the inmates at the Class II A Palembang Women's Correctional Institution (LPP), found by interns who conducted group guidance. There are some inmates who have lost their concept and management, so they are still confused about how to meet their living needs after they finish their prison term. It is not easy for them to get a job, especially a halal job, this is feared that they will repeat the same mistake.

Of the many inmates at LPP Palembang, not necessarily all of them are the main perpetrators, some are also supporters. It is possible that the supporting perpetrators were caught together and were in the same cell as the main perpetrators. Then they will continue to be pressured and oppressed by the main perpetrator, but they are unable to defend themselves, this kind of behavior is called non-assertive behavior. It is not impossible, there are also many gangs/groups of oppressors who are in the lower class.

A person who does not exhibit assertive behavior, tends to have difficulty adjusting. This is because the individual does not honestly express his desires, feels helpless, has low self-confidence, and feels anxious (Putra & Apsari, 2021). Some people think that LPP is a bad house, but it is there that they (the inmates) will rebuild the aspect of their management life.

Fitri (2017), states that recidivist cases refer to the repetition of criminal offenses after an individual has previously been convicted and served a criminal sentence. This often happens because the inmates lack the ability to express opinions or dare to refuse (assertive behavior). Therefore, it is important for them to develop assertive behavior. Assertive behavior is a way of behaving that maintains personal rights without harming others, and includes expressing feelings and beliefs openly, honestly, and appropriately (Hafizhah, 2020).

Perilaku warga LPP seperti yang dikemukakan inilah yang menjadi tugas konselor dapat membantu memfasilitasi warga binaan usia produktif dengan rentang usia 15-40 tahun, untuk menumbuhkan konsep dan manajemen dirinya dengan membangun perilaku asertif mereka melalui Konseling kelompok. Salah satu teknik dalam konseling kelompok, yaitu dengan menggunakan teknik *Assertive Training* menggunakan pendekatan *Behavior*.

Based on the above problems, the researcher is interested in conducting a research entitled "IMPLEMENTATION OF GROUP COUNSELING IN BUILDING ASSERTIVE BEHAVIOR OF LPP II A PALEMBANG ASSISTED RESIDENTS"

METHODOLOGY

This research will be carried out at the Women's Correctional Institution (LPP) Class II A

Palembang, at Jalan Merdeka No.12, 19 ilir, Bukit Kecil District, Palembang City, South Sumatra 30113 The research time is expected to be carried out in May 2024 The research method is basically a scientific and systematic way to obtain data with specific purposes and uses (Djollong, 2014). The research method used in this study is quantitative descriptive.

The sample is part of the population taken for analysis (Amin et al., 2023). This sampling process began with observation to find information about inmates who do not have assertive behavior (*non-assertive* behavior), to LPP employees. The sample withdrawal in this study used *the Purposive Sampling technique*, based on the identification of problems and the researcher's purpose to carry out group counseling activities.

Table 1. Sampel

No	Information	Total
1.	Assisted residents of productive age with an age range of 15-40 years	7 people
Total		7 people

Group counseling is an approach method to help students solve problems, plan actions, make the right decisions, and increase their understanding of themselves. At LPP Class IIA Palembang, in group counseling, inmates are given the opportunity to get acquainted and share about themselves openly. The counselor asked the inmates to reveal problems related to self-confidence without covering anything up, so that the root cause of self-doubt could be clearly identified. Other group members then provide input in accordance with the problems experienced. Through group counseling services using *assertive training* techniques, it is hoped that inmates can build their assertive behavior and improve their concept and self-management

Research data analysis techniques are part of several stages that must be carried out in a study (Agustin et al., 2023). Data analysis activities are usually carried out after data has been successfully collected from the field. The data was obtained from respondents using instruments such as questionnaires or questionnaires in quantitative research. In this study, using descriptive analysis, the purpose is to find out whether group counseling can build assertive behavior of inmates in LPP Class II A Palembang.

RESULT AND DISCUSSION

Result

The data that has been obtained must then be analyzed in order to know and understand the condition of the object being observed and dig up previously unknown information. The data

analysis technique is an analysis that involves a research approach by utilizing data in the form of numbers or numerical variables to explore, explore, and understand a phenomenon. Data analysis aims to understand the essence of the entire data, group it, summarize it to make it easier to understand, and identify common patterns that emerge from the data. In this study, the researcher used several data analysis techniques, namely as at:

Descriptive Analysis

Descriptive analysis is a method used to test, measure, and propose hypotheses based on the use of mathematical and statistical calculations (Ruhansih, 2017). In this study, the results of data analysis can be seen in the following table:

Table 2. Descriptive Assertive Behavior Statistics

Descriptive Statistics							
	N	Range	Mini mum	Maxi mum	Mean	Std. Deviation	Variance
Assertive behavior of inmates	7	3	93	96	94.43	0.976	0.952
Valid N (listwise)	7						

Based on the descriptive table of the analysis of the assertive behavior of the inmates above, the maximum value was 96, the minimum value was 93 and *the mean* value was 94.43 (high), this indicates a positive development, the increase in the participation of group members shows an increase in trust and comfort between group members growing gradually with positive feedback and reinforcement received by group members when speaking. Playing an important role in increasing their confidence after carrying out group counseling with assertive training techniques are able to provide changes to the change of individual assertive behavior because individuals directly receive training to be able to make decisions related to their future life plans after leaving their coaching period and it can be said that the inmates already have a self-concept and if depicted with a histogram, as follows;

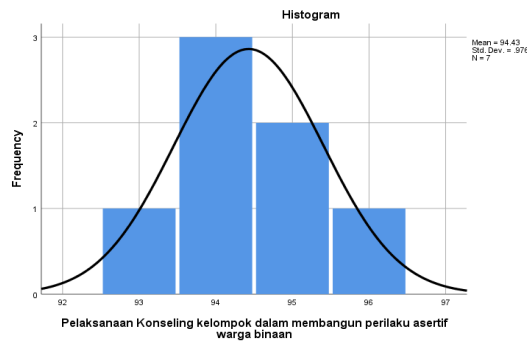


Figure 1

Histogram of the Implementation of Group Counseling in Building Assertive Behavior of Assisted Residents at LPP Class II A Palembang

Discussion

This research was carried out at the Palembang Class II A Women's Correctional Institution (LPP) located at Jalan Merdeka No.12, 19 ilir, Bukit Kecil District, Palembang City, South Sumatra 30113. In this study, the researcher provides one of the services in guidance and counseling, namely group counseling to build assertive behavior of inmates in LPP Class II A Palembang, group counseling services in this study are carried out three times with counseling obtained from a sample of 7 inmates. Before conducting group counseling, the researcher first observes the surrounding environment and the condition of the inmates, then the researcher briefly explains group counseling and assertive behavior to the inmates. If they have begun to understand, then the researcher invites the inmates to form a group by sitting close to each other and making a circle, counseling to create a comfortable atmosphere so that group members can be open and feel safe when expressing their problems.

Based on the results of the research on Class II A Palembang inmates using a quantitative descriptive method. In the implementation of group counseling with *the Assertive training* technique, which is carried out in 3 meetings with a duration of 60 minutes per meeting. This is supported by the opinion (Aziza, 2023), group counseling with assertive training techniques is able to provide changes to changes in individual assertive behavior because individuals directly receive training to be able to make their decisions. At the first meeting, there were only 3 people who participated in the group who dared to speak out loud and were not ashamed to show their faces when speaking in front of other members. In the second meeting, group members have begun to feel safe and comfortable with the counselor, which is shown by their courage in expressing what they are feeling openly, it can be seen that there are already 5 inmates who have actively participated in the group. At this meeting, the topics discussed have begun to be in-depth and serious related to their respective personal problems, well supported by the counselor and received

positive feedback from group members, making them free to exchange stories. It can be said that at this meeting, there was a significant increase in their assertive behavior. At this last meeting, all members of the group, namely 7 assisted residents, have actively participated in the group. This is a positive development although it must be gradual, from Meeting-1, Meeting-2 and Meeting-3.

Counseling activities became more lively with many participants who contributed, shared experiences and supported each other among group members. Group members are continuously supported to speak by the counselor by giving feedback to each group member, or in other words, the other participants not only exchange stories, but they also listen and give constructive (constructive) feedback to the other group members. Furthermore, positive reinforcement is given so that they remain confident in facing their problems. This is useful for building assertive behavior of the inmates. At this meeting, the inmates can already make decisions regarding their future life plans after leaving their coaching period and it can be said that the inmates already have a self-concept. In line with the opinion (Hadziqoh et al., 2023), the higher the self-concept, the higher the assertive behavior, and vice versa, if the lower the self-concept, the lower the assertive behavior. Dacholfany et al. (2024) explained High self-concept is able to have a positive impact on individuals to be able to recognize what is their strengths or weaknesses and individuals can face situations without any feelings of anxiety and with a sense of responsibility in this situation, individuals are proven to be able to behave assertively and easily to be able to express what they feel, what is being thought, data conveys something or opinions and disagreements directly and frankly without offending someone.

Based on the descriptive table of the analysis of the assertive behavior of the inmates, the maximum value was 96, the minimum value was 93 and *the mean* value was 94.43 (high), this shows a positive development, the increase in the participation of group members shows an increase in trust and comfort between group members growing gradually. Group members began to feel more confident with the support to speak. The positive feedback and reinforcement received by group members when speaking plays an important role in boosting their confidence. In addition to sharing stories, group members also learn to listen and give good feedback, which is what builds their Assertive Behavior. This is supported by the opinion (Wijayanti et al., 2022), a person who has a high level of confidence, means that he has a feeling of ability and confidence in himself, so that it will have an impact on increasing his assertive behavior which is reflected in having confidence and the courage to act and express opinions, even though his actions and thoughts are different from the surrounding environment (Irawan et al., 2024; Marsinah et al., 2024). Meanwhile, a person who tends to lack confidence, is not sure of his ability, it is difficult to have the courage to act or act and passively follow what is the will of others or the school environment

and will reduce his assertive behavior. Individuals who have a low level of confidence tend to influence their assertive behavior so that they are easily influenced by others, difficult to express themselves, reluctant to refuse something from others, or students will feel reluctant to refuse at once it is negative. Individuals who have assertive abilities, allow individuals to act according to their own interests, defend themselves without due anxiety, express honest feelings comfortably, to exercise personal rights without denying the rights of others.

CONCLUSION

Based on the results of the research, it can be concluded that the implementation of group counseling with *assertive training* techniques can build assertive behavior of Class II A Palembang assisted residents, this shows that there is a positive development in the inmates with an increase in confidence and comfort between group members who grow gradually. With the meeting being held three times, namely, Meeting-1 (Perception and formation of the group), at this meeting there were 3 inmates who actively participated in the group and dared to speak in front of other group members with their faces facing forward and loud voices when speaking. Meeting-2 (Self-exploration and problems of group members), at this time, group members have begun to feel safe and comfortable with the counselor, which is shown by their courage in expressing what they are feeling openly, it can be seen that there are already 5 inmates who have actively participated in the group. Meeting-3 (Strengthening and contracting), at this last meeting, all members of the group, namely 7 assisted residents, have actively participated in the group. This is a positive development although it must be gradual, from meeting-1, meeting-2 and meeting-3. Counseling activities became more lively with many participants contributing, sharing experiences and providing mutual support between group members. The positive feedback and reinforcement received by group members when speaking, plays an important role in increasing their confidence, thus helping them make decisions in their lives and have a self-concept, so the implementation of group counseling can build assertive behavior of Class II A Palembang assisted residents. This is evident from the data from the questionnaire results provided by the researcher to the inmates obtained from data analysis using descriptive analysis, it is known that the highest score (maximum) is 96 and the lowest score (minimum) is 93. With a total final score of 661, the average score was 94.43 (high category), which shows positive developments. Increased participation of group members indicates growth in confidence and comfort among them. Positive support and feedback while speaking plays an important role in boosting the confidence of group members. In addition to sharing stories, learning to listen and give good feedback helps build their assertive behavior. This is consistent with research that suggests that high self-confidence allows individuals to act and speak with

conviction, while a lack of self-confidence can hinder self-expression and productive interactions with others.

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