

The Role of School Counselors in Improving Student Learning Motivation Through Group Guidance Services: Literature Study

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ABSTRACT

This study aims to analyze the role of school counselors in improving students' learning motivation through group guidance services. Group guidance services are a form of intervention that can help students overcome various obstacles to learn. Through a literature review, this study identifies various strategies implemented by school counselors, such as providing social support, developing learning skills, and fostering emotional intelligence in order to create a positive and supportive learning environment. This study also highlights the importance of the role of counselors in helping students to find learning goals, increase self-confidence, and overcome obstacles that interfere with their concentration and enthusiasm for learning. The results of this study indicate that effective group guidance can improve students' learning motivation by providing a space for students to share experiences, gain self-understanding, and develop better social relationships. Overall, school counselors play a very important role in supporting students to be more motivated and achieve in their learning process.

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Pendahuluan

Learning motivation is very important in the learning process. Because with the motivation to learn students will be more enthusiastic to learn, and the teaching and learning process will run smoothly. On the other hand, if someone is not motivated to learn, then teaching and learning activities cannot be carried out (Elvira, Neni Z, 2022).

Learning motivation plays an important role in determining the success or failure of students. Without motivation, the learning process becomes difficult to achieve, because unmotivated individuals tend to be reluctant to engage in learning activities. Therefore, it is important to continuously strengthen learning motivation among students. In the context of learning, motivation acts as a driver that encourages students to maximize their abilities and potential in order to achieve the desired learning goals (Nurfaliza & Hindrasti, 2021).

The phenomenon that occurs in the field is that many students have low learning motivation, often marked by unfinished schoolwork, preferring to play rather than study, not enthusiastic in following class learning and tending to be passive, declining learning outcomes. At SMK Al Hadi Gresik, this low learning motivation can be seen in various forms, such as lack of interest in lessons, helplessness in facing tasks, or even reluctance to actively participate in the teaching and learning process. According to Permana (2020) research, low student learning achievement is caused by a lack of motivation to learn and students not having good learning skills.

Lack of motivation to learn in students can have a negative impact on their learning outcomes. This often results in a decline in academic achievement, even at risk of causing students to be threatened with the same class when moving up a class. It should be noted that the level of motivation to learn among students varies, not the same between one individual and another (Hartinah, 2020).

Therefore, schools play a very active role in encouraging students to be enthusiastic in learning. Schools have a central role in building student learning motivation because they are the main environment where the formal learning process takes place. By creating an atmosphere that supports physically, emotionally, and academically, schools can be a place that inspires students to develop their potential.

Guidance and counseling teachers or counselors must be able to strive to motivate students to learn. One way is by providing guidance and counseling services. Guidance and counseling are an integral part of the education system in schools that are designed to help students overcome learning barriers, recognize their potential, and build motivation to achieve academic achievement. School counselors not only help overcome learning barriers but also build students' confidence and enthusiasm to achieve their best potential.

Group guidance services are one of the effective approaches in providing students with an understanding of the importance of having learning motivation. Through group interactions, students not only get information and support from counselors, but also from peers who have different experiences and views. This can create a conducive atmosphere to build awareness and enthusiasm for learning.

Students who are highly motivated in learning are likely to obtain higher learning outcomes, meaning that the higher the motivation, the more intense the efforts and efforts made, the higher the learning outcomes obtained. Students make efforts or attempts to increase success in learning so as to achieve satisfactory success as expected. In addition, motivation also supports efforts and keeps the student learning process running. (Teni & Agus Yudiyanto, 2021). Therefore, research on the role of school counselors in increasing student learning motivation through group guidance service programs is very relevant to explore the potential and effectiveness of this approach in creating a more positive and productive learning environment.

Metode

This type of research is a literature study or Study Literature. Literature study is a type of research conducted by searching for data or research information by reading scientific journals, reference books and publication materials available in the library (Ruslan, 2008).

Hasil

Learning Motivation

a. Definition Of Learning Motivation

Motivation comes from the Latin word "Movere", which means encouragement or driving force. Many experts have put forward definitions of motivation from various points of view, but the essence is the same, namely the driving force that converts a person's inner energy into real activity to achieve a goal. Motivation is the drive or reason that encourages individuals to engage in activities to achieve goals (Emda, 2018). Motivation is a change in energy in a person's personality characterized by the emergence of emotions and reactions to achieving goals. Thus, it can be concluded that learning motivation is a person's drive or desire to learn and achieve certain educational or academic goals. This motivation functions to provide energy, focus, and commitment

in the learning process, so that someone is more enthusiastic and persistent in understanding the material, overcoming challenges, and achieving the desired results.

Learning motivation can be divided into two main types, namely (1) internal motivation (from within oneself). This internal drive comes from within a person, such as curiosity, personal satisfaction when successfully understanding the material, or the desire to master a skill. Intrinsically motivated people tend to learn because they enjoy the process. (2) Motivation is external. The urge to learn comes from external factors, such as the hope of getting good grades, prizes, recognition, or to meet the expectations of others (for example, parents or teachers). This motivation is usually driven by the desire to achieve a desired outcome, such as passing an exam or getting an award (Jainiyah et al., 2023). Learning motivation has an important role in the educational process because it motivates students to study more actively, be responsible and committed to the educational process. Students who have high learning motivation tend to be more active in participating in learning, more focused, and better able to overcome difficulties faced in learning. To motivate student learning, there are several forms that can be used, namely giving numbers, prizes, rivalry/competition, raising awareness in students, giving tests, knowing the results, praise, punishment, desire to learn, and interest. In research (Jannah et al., 2021) There is a significant relationship between learning motivation and learning/academic achievement.

b. Factors causing low motivation to learn

In student learning motivation there are various influencing factors, both internal, external and learning approach factors (Jainiyah et al., 2023):

1. Internal Factors

There are two aspects to this internal factor, namely psychological and physiological aspects. Psychological aspects: level of intelligence/intelligence of students, attitudes of students, talents of students, interests of students, motivation of students. Meanwhile, the physiological aspect: General condition and tension (muscle tension), which shows the level of fitness of a person's organs and joints, can influence students' enthusiasm and concentration when taking part in learning.

2. External Factors

There are two external factors, namely social environmental factors and non-social environmental factors. Environmental factors such as mentors, educational staff and friends. When the environment is positive or provides a good example in learning, students tend to follow. Meanwhile, non-social environmental factors are the facilities used in the learning process, such as learning equipment, school buildings and the location of students' homes

3. Learning Approach

The learning approach here can be interpreted as the efforts and strategies or methods used by individuals to acquire knowledge and skills. This approach involves understanding how to learn most effectively, according to each individual's style or preferences, as well as the goals to be achieved.

c. The Impact of Low Student Learning Motivation

1. **Decreased Academic Achievement:** Students with low learning motivation tend to have lower learning outcomes and difficulty in meeting set academic standards.
2. **Behavioral Disorders:** Low motivation to learn can lead to unresponsive behavior, lack of interest in school activities, and increased rates of absenteeism.
3. **Low Personal Development:** Low learning motivation can hinder students' personal development, including improving social skills, creativity, and problem-solving abilities.

d. Strategies to Increase Student Learning Motivation

1. Teachers can help increase students' learning motivation by fostering good relationships, providing support, and creating a conducive environment, a comfortable learning space, free from distractions, supporting concentration, and fun.
2. Relate learning material to real life and students' interests by using varied learning methods, such as group discussions, educational games, or the use of technology.
3. Appreciation of students' efforts and achievements, either through verbal praise or small awards, as well as discussing with parents about the importance of support that must be given to students so as to help students to manage their study time at home effectively.

Group Guidance Services

a. Definition of Group Guidance

Guidance and Counseling is one of the educational services that aims to help students' personal, social, academic, and career development. In this context, Guidance and Counseling plays an important role in providing support to students who experience various problems or difficulties, both in terms of academics, social, and personal. Guidance and Counseling is a process of providing continuous and systematic support to individuals to solve the problems they face, to help them understand, accept and manage themselves and adapt to their environment according to their potential and abilities. In guidance and counseling there are 4 services, namely, Classical guidance, group guidance, group counseling, and individual counseling. The implementation of these services can run effectively if all school residents can collaborate well.

Group guidance can be defined as support for individuals in a group situation. Group guidance can be done in the form of sharing information or group activities to discuss educational, career, personal, and social issues (Hartanti.M.Psi, 2022). In its meaning, group guidance is a group activity where a group leader provides information and leads discussions to socialize group members and help group members achieve common goals. Groups can also be interpreted as support for individuals carried out in group situations. Group guidance can take the form of group activities where information is shared and educational, work, personal, and social problems are discussed (Hartanti.M.Psi, 2022).

Group guidance services discuss general topics, both free topics and assignments. Free topics are topics that are delivered by group members freely in turns and will be chosen which one will be discussed first in the group guidance process. While assignment topics are topics given by school counselors to be discussed in the group guidance. In the context of increasing student learning motivation, the materials that can be used in implementing group guidance are, Understanding learning motivation, Factors that influence learning motivation, Strategies to increase learning motivation, The importance of learning in achieving life goals, Time management, and How to deal with academic pressure.

b. Group Guidance Objectives

The main goal of group guidance services is to improve students' socialization, especially in the ability to communicate between group members. Through group guidance, various disturbing or burdensome feelings can be expressed and alleviated in various ways, as well as through the dynamics that arise from new input and responses. In addition to achieving the goals inherent in group guidance, this service also aims to help clients overcome their problems by utilizing the dynamics that occur within the group (Syarqawi et al., 2022).

c. Benefits of Group Guidance

Group guidance has several benefits, including:

- 1) Increasing learning motivation: Group tutoring can help students understand learning goals and increase motivation to achieve those goals.
- 2) Building self-awareness: Students can understand their own strengths and weaknesses through interactions with other group members.
- 3) Developing social skills: Group tutoring helps students develop social skills, such as communication, cooperation, and empathy.
- 4) Enhancing creativity: Groups can spark creativity and innovation in solving problems or achieving goals.
- 5) Building self-confidence: Students can build self-confidence through recognition and support from other group members.
- 6) Group guidance provides a space for students to discuss and share experiences with their friends in small groups. In this way, students can motivate each other, learn from each other's experiences, and get social support.

d. Step of Group Guidance

In the book Hartanti.M.Psi (2022) In implementing group guidance services, there are 4 step that must be carried out, namely

- 1) Formation step. The formation step is an introduction stage, led by the school counselor, which contains getting to know each member of the group, expressing each other's goals and hopes

- that each, some, or all members want to achieve. At this stage, the principles of the group guidance service process and the election of the group leader are also explained.
- 2) Transition step. At the transition step, the school counselor explains the flow that will be carried out during group guidance, observes the readiness of group members in carrying out group guidance.
 - 3) Activity step. At this step, each member is free to express problems or discussion topics, after that determine the topic that will be discussed first, each member discusses the topic in depth and thoroughly.
 - 4) Termination step. At this step, the group leader states that the activity will soon end, conveys impressions and results of the group guidance, and discusses follow-up actions and expresses messages and hopes.

The role of School Counselors in increasing student learning motivation through Group Guidance Services

The role of school counselors in increasing students' learning motivation through group guidance services is very strategic because this approach allows students to support each other, share experiences, and gain new views in a conducive atmosphere.

- 1) Counselors facilitate students to recognize the causes of low motivation to learn, both from internal factors (such as lack of self-confidence) and external factors (such as a learning environment that is not conducive).
- 2) Counselors create a safe and comfortable atmosphere so that students can share their experiences without fear or embarrassment.
- 3) Counselors help students understand the importance of learning to achieve their personal, academic, and career goals.
- 4) The counselor becomes a facilitator in group discussions, encouraging students to share their experiences of success or learning difficulties.
- 5) Counselors provide information and training on effective study techniques, such as time management, note-taking methods, or speed reading strategies.
- 6) The counselor expressed appreciation for the students' active participation in the group and the small successes they achieved.
- 7) Through group interactions, counselors help students develop communication, cooperation, and empathy skills.
- 8) Counselors utilize group dynamics to encourage students to motivate each other and compete positively.
- 9) The counselor monitors student development during the group guidance process, both in terms of participation and changes in learning motivation.
- 10) Counselors provide follow-up for students who need more attention or experience special obstacles.

Pembahasan

This research shows that counselors act as motivators who help students understand the importance of learning and find their personal goals, as well as acting as facilitators to create a conducive environment for students by sharing learning experiences and challenges. This is in line with research conducted by (Alim Thorifah et al., 2020) which explains that the role of counselors or guidance counselors is more dominant than the role of subject teachers in increasing students' academic achievement motivation, because the counselor's job is to be responsible for providing guidance and counseling services at school. on the development of students' personalities and abilities.

The results of this research also show that providing group guidance services has a great influence on student learning motivation. This research is in line with research conducted by (Hartinah, 2020) which shows that the use of group guidance services can increase student learning motivation. This research provides new empirical evidence regarding the provision of effective group guidance services in increasing student learning motivation. The implication is that guidance and counseling teachers can use it to overcome similar problems related to low learning motivation.

This research is still far from perfect, researchers realize that there are still many shortcomings. Because this research is only limited to a literature study. So that future researchers can expand it into quantitative research, so that the data produced is more specific.

Simpulan

School counselors have a strategic role in increasing student learning motivation by utilizing group guidance services. In this service, counselors can create a supportive atmosphere, encourage students to share experiences with each other, and motivate them to overcome learning obstacles.

Group tutoring services have proven effective in building students' intrinsic and extrinsic motivation. Through group discussions and interactions, students can find solutions to learning problems, increase their self-confidence, and feel social support that encourages them to be more enthusiastic about learning.

In addition to increasing learning motivation, group tutoring services also help students develop social skills, such as communication, cooperation, and empathy, which ultimately support their academic success.

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