

AN ISLAMIC COUNSELING SERVICES IN MANAGEMENT STRESS LEARNING STUDENTS CLASS XI SENIOR HIGH SCHOOL

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Abstract

The problem in this study is Islamic counseling services in tackling stress learning students class XI SMA Negeri 1 Selesai in years lesson 2018/2019. This research aims to know the stress of learning students inside or outside the classroom. Methodologically, this research is a qualitative phenomenological study. The methods used in data collection are observations, interviews and documentation. To analyze data, researchers use qualitative analysis with data exposure measures, data reduction and withdrawal of conclusions. The results of the study is stressful condition of students have improved enough, the implementation of Islamic counseling conducted by BK teachers has been running with maximum, Islamic counseling services in tackling the stress of learning students class XI SMA Negeri 1 Selesaifully run effectively.

Keywords : Student Learning Class, Islamic Counseling, Stress Management

INTRODUCTION

The school as an educational institution that cannot escape the community, so that the school must make its students a self-reliant person. The school hopes that when the students have an independent personality, their students are able to solve various problems faced by the community and the surrounding environment. Stress on children is usually sourced from school assignments, friendship pressure, or excessive expectations from their parents, teachers, and friends.

Generally children are still difficult to recognize and declare verbally when they experience stress. While the parents, sometimes less sensitive so do not realize that the child is experiencing tremendous stress. According to Hartono (2012:86) The emergence of stress can be caused by various reasons, for example because of the tension that arises due to the appearance of teachers who are less dancing, like angry, less friendly and others. The learning activities in the school were all positive, but the students admitted to being overwhelmed and feeling saturated because of additional lessons such as study guidance (Bimbel) at home or in the next, the more the number of assignments Schools in each lesson with a certain time intensity, plus how teachers teach a monotonous class, using only lecture and memorization methods.

According to Taufik Hidayat (2011:21) can be concluded, stress is a state of self-discomfort (feelings and thoughts) as a response (physical or psychic reaction) to the pressure or demands of the environment encountered so potentially damaging and not Controlled. In the learning process, no slight obstacles faced by a child, obstacles can come from within the child, as a result of growth and development and can also come from outside him.

Many of the factors that affect a child deliver it to success and failure. Positive factors allow a child to succeed in learning, such as a child with a high interest in studying. Conversely, negative factors can be detrimental that resulted in children lacking or unsuccessful in learning, such as children have a low learning interest.

LITERATURE REVIEW

The teachers who have a low sense of humor or have no sense of humor at all can lead to unsatisfactory student learning outcomes, symptoms are foundering, out-of-class, being in class and sleeping in class and opposing teachers Due to numerous student learning activities, so that there is stress in the students.

The change has an impact on every individual where individuals are required to be able to adapt. In the process of self-adjustment The individuals especially teenagers may be faced with various problems. The problems that teenagers often face are issues of self-adjustment, family problems, educational problems, social problems, etc. By the occurrence of the problem then students need to get the help of Agara can solve the problem. The help was given before or after the student was troubled.

Every individual does not have the same, this individual difference is the result of the difference of behavior of learning among the Shiva/I. In a situation where students are not able to learn as they should, they are called learning difficulties. There are two factors that cause learning difficulties in students, internal and external factors. Internal factors include interest, attention, motivation and learning habits. While external factors include learning methods, learning media and learning resources.

METHOD

The study used field research or qualitative phenomenological research. Qualitative methods are used to examine on the condition of scientific objects. With qualitative method, then the data obtained will be more complete, more profound, and meaningful so that the research objectives can be achieved. The procedure for data collection takes place gradually. It starts from the description stage or orientation stage where the researcher describes what the researcher sees, heard and perceived by the new researchers data about the information obtained.

Then the second came to the reduction, where researchers reduced all the information obtained in the first phase to focus on a particular problem, and the third selection phase, where the researcher outlined the focus that has been set to be more Detailed analysis of the problem. The result is a constructed theme based on data obtained into a knowledge, hypotheses and even new theories.

The data processing and data usage is done after the collected data or collection activities are done after the collected data or collection activities in the field is declared complete. Research is carried out continuously at the time of collection to the end of repeated data collection activities until the new information is no longer obtained. In this case, the analysis and data usage will evolve, change and shift according to the development and change of data found in the field.

RESULTS AND DISCUSSION

The implementation of Islamic counseling conducted by BK teachers has been running with maximum and the stress condition of learning students has improved considerably. With Islamic approaches, it can be attributed the psychological aspects in the implementation of counseling guidance which includes personal, attitude, intelligence, feelings, and so on relating to BK teachers and students. For Muslim students who are based on the foundation of the Tauhid must be a hard worker, but the value of working for him is to carry out the sacred duty that God has given and trust him, this for him is worship. Not the guidance and counseling of his name, no matter the field of guidance and counseling, if in his activities do not seek to humanize man and seek to the indication the possibility.

The Senior High School tutoring and counseling teachers 1 done has the principle of Rukun Iman, then the implementation of guidance and counseling will certainly lead the students to the truth, then in the implementation of the teacher BK and students need to have three steps to go to On the success of guidance and counseling. First, to have a clear mission statement of "Two sentences Creed", the second has a method of building character and symbol of life of "prayer Five Time", and third, has the ability of self-control trained and "Fasting". The principles and measures are important for the teachers of BK and Muslim students, because it will produce a very high emotional and spiritual intelligence (ESQ) (Akhlakul Karimah). The implementation of Islamic counseling activities provided to students has an important role to motivate, direct and pay special attention, because providing appropriate guidance and counseling will be able to change the character of students from the unkind Be good and that already good will be even better for his life.

The stress learning of the Class XI SMA Negeri 1 finished is good enough, this is because of the Islamic tutoring and counseling services, the students will be aware of the wrongdoing. But there are still some students who are experiencing

stress learning, not because of the absence of change but Masi process in change. The role of tutoring and counseling teachers provide Islamic counseling services to students of the class XI SMA Negeri 1 finished that experiencing stress learning has been very good. As a tutoring and counseling teacher has a big role, task and responsibility especially for the establishment of character and personality of students who have experienced the stress of learning that often arise, such as wandering around at the time of study, Storm Classrooms and sleeps in class. The learners who are stressed to learn need motivation, direction and special attention, because the proper giving of guidance and counseling will be able to change the character of students from the unkind to good and the good will be better again.

CONCLUSION

The Islamic counseling services in addressing stress learning of the Class XI Students SMA Negeri 1 completed fully runs smoothly. The approach that teacher guidance and counseling to students makes students respond to. From the delight that teacher guidance and counseling to students makes students comfortable and believes in telling his problems to teacher guidance and counseling. This makes it easier for teacher guidance and counseling to know the problems faced by the students and give the students immediate resolution.

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