


# Psychoeducational Group Assisted with Profession Puppets to Improve Students' Career Decision Making

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**ABSTRACT:** Career decision making is very important for individuals. In the adolescent phase, career decision making will play an important role in career development for the future of the individual itself. This study focuses on improving adolescent career decision making by using psychoeducational group services assisted by profession puppet. The purpose of this study was to determine the effectiveness of psychoeducational group assisted with profession puppet media. The method in this study used the Quasi-experiment with Pretest-Posttest Control Group Design. The validity of the instrument uses logical validity while the reliability test uses Alpha Cronbach obtained reliability coefficient on the scale of career decision making value  $\alpha = 0.877$ . Data analysis techniques use a t-test comparison of gain scores with confidence interval 95%  $\alpha = 0.05$ . This study has a value of Sig.2 (tailed) 0,000 < 0,05, therefore it is in accordance with the basis of decision making in the t-test, it can be concluded that  $H_0$  is rejected and  $H_a$  is accepted, and it means profession puppet within psychoeducational group proved effective to improve student career decision making.

**KEYWORDS:** psychoeducational group; profession puppet; career decision

## INTRODUCTION

The selection of future careers has begun to be formed when someone is getting to adolescent phase (Herin & Sawitri, 2017). A career is developing in life, work, position, etc. Careers can also be interpreted as a profession that gives hope for progress in lifetime (Walgito, 2005). Making a career decision is one of the responsibilities that exist at the phase of adolescent career development (Yusuf, 2011). But there are still those who have not been able to make career decisions.

Career problems that occur in adolescents are usually related to the choice of type of education, which leads to the selection of the type of profession in the future. Aspects of profession choice and career development in adolescents which include choice and skills training, orientation and information on profession or career, job, and efforts to earn income and other aspects can be obtained through psychoeducational group services in career guidance (Hartinah, 2009).

Based on the results of preliminary observations conducted at State Junior High School 5 Metro that applied Guidance and Counseling services in class IX, there were several students who were still unable to decide on career choices that they would plan. This is because (1) students have not been able to recognize the talents and interests possessed by them, (2) students still feel confused to choose the type of education and type of work that suits their talents and interests, and (3) students do not understand that career decisions are important for their lives. The provision of guidance and counseling services in the career and personal fields also still tends to be dominated by guidance and counseling teachers because service delivery is only through classical guidance with lecture methods and the provision of Student Worksheets. Therefore, students tend to be passive because they only listen to the teacher's explanation of guidance and counseling.

Counseling and guidance services especially in the career and personal fields should be designed to facilitate students to develop optimally. Through psychoeducational group services it is expected that students can share and receive more in-depth information about career decisions, utilize group dynamics as a media to express themselves so that students can recognize themselves and other individuals, and with a smaller scope of goals, the effectiveness of counselors or guidance and counseling teachers in facilitating students or group members will be even higher ([Suhardita, 2011](#)). Providing appropriate services with attractive media will be more effective in achieving the goals of the service itself ([Wicaksono, 2013](#)). One of the media that can be used is puppets media. Puppets can be used as educative and effective media through different and exciting packaging with innovations using profession puppets.

There are several previous studies that discussed the problems of student careers. Among them are, Sari Arviani and Denok Setiawati who researching about Utilization of Profession Puppets in Classical Guidance to Improve Knowledge and Readiness in Sports Class Gresik Junior High School 3 ([Arviani & Setiawati, 2018](#)) and Guruh Sukma Hanggara who researching about Effectiveness of the teacher Process as psychoeducational group Techniques to Improve Students' Career Decision making ability ([Hanggara, 2016](#)). Both of these studies equally discussed career problems, namely increasing insight and career readiness with classical guidance in the first study and increasing career decision skills with teacher process techniques in the psychoeducational group in the second study.

In the current study, the researchers will conduct investigation Effectiveness of Psychoeducational Group Assisted by Profession Puppet Media to Improve Student Career Decisions. This study was

equally focused on the career problems of students and equally used of profession puppet media in the first research, however by using different techniques. If previously using classical guidance techniques with profession puppet media on the first research and utilizing the Teacher's process in the psychoeducational group in the second study, then in this study the researchers used psychoeducational group techniques assisted by profession puppet media that had never been studied before.

The use of psychoeducational group techniques assisted by profession puppet is considered adequate for improving student career decision making because this research is supported by research conducted by Sofwan Adiputra which states that the use of modeling techniques is effective in enhancing student career planning ([Adiputra, 2015](#)). This is related to this research because in the utilization of profession puppet media there are modeling elements that must be modeled by group leaders. Likewise, the study conducted by Sari Arviani and Denok Setiawati who mentioned that classical guidance with profession puppet media was sufficient to improve students insight and career readiness ([Arviani & Setiawati, 2018](#)). It will be more effective if the use of profession puppets is used in the psychoeducational group because the target in services becomes more focused on small group members so that the diversity of types of processes or career selection can be minimized and goals in the psychoeducational group are easy to achieve.

The purpose of this study was to determine the use of profession puppet media in the psychoeducational group to improve self-efficacy and career decisions of students in State Junior High School 5 Metro.

## METHOD

This research is a type of Quasi Experimental Design research ([Sugiyono, 2007](#)). The research was conducted on August 6, 2018, to September 15, 2018, in State Junior High School 5 Metro. The design of this study uses the Pretest-Posttest Control Group Design. The populations in this study were all of the students in class IX State Junior High School 5 Metro. The sampling technique used purposive sampling because the samples in this study were students who had a low level of career decision making ([Bungin, 2005](#)). Then the samples were divided into two groups, namely the experimental group and the control group. An experimental group is a group that will be given treatment while the control group is a group that is not given treatment ([Aziz, Rokhmat, & Kosim, 2017](#)).

The data taken in this study is primary data. The method of collecting data was done with a questionnaire that was given directly to the respondents. The instrument in this study was a

closed questionnaire regarding the scale of career decision making. Measurements in the questionnaire are using a Likert scale with four alternative answers. There are two components that make up the statements given, which consist of supporting statements (favorable) and statements that do not support (unfavorable). In a supporting statement (favorable), respondents who answered SS were given a four score, S was given a three score, TS was given a two score, and STS was given a one score. Whereas in statements that do not support, the scoring is the opposite. The higher score obtained in each scale, then the higher level of career decision making.

Test the validity of the career decision making scale using the content validity test with the type of logical validity test through rational analysis from a competent expert or expert judgment. Of the 56 items on the scale of career decision making, there are some items that need to be improved. Furthermore, after revising on these items, the scale is declared valid by the expert and then carried out reliability tests on that scale ([Setiobudi, 2017](#)).

After reliability testing using Alpha Cronbach with SPSS version 16.00 For Windows obtained the reliability coefficient of career decision making scale valued to ( $\alpha = 0.877$ ) with a range of total item correlation scores ranging from -0.337 to 0.702. On the scale of career decision making from 56 statement items produced 43 valid items and 13 deciduous items ([Setiobudi, 2017](#)).

Furthermore, to determine the effectiveness of psychoeducational group assisted by profession puppets to improve career decision making, it is done by comparing the gain score, namely the difference in scores between pre-test and post-test career decision making, so that the results of the analysis obtained the hypothesis ([Widiarso, 2011](#)). The criteria for testing the hypothesis are:  $H_0$  = psychoeducational group assisted by profession puppet is not useful to improve career decision making for student of class IX of State Junior High School 5 Metro,  $H_a$  = psychoeducational group supported by profession puppet to improve career decision making for students of class IX of State Junior High School 5 Metro. The primary criteria for decision making are: 1) If the value is Significance or Sig. (2-tailed) > 0.05, then  $H_0$  is accepted, and  $H_a$  is rejected; and 2) If the value is Significance or Sig.2 (tailed) < 0.05, then  $H_0$  is denied, and  $H_a$  is accepted. Determination of the effectiveness of psychoeducational group assisted by profession puppet services is done by Mann Whitney test with a confidence interval 95%  $\alpha = (1 - 0.95) = 0.05$ . The whole process of calculating statistical data uses the SPSS 16.0 for Windows program.

## RESULT AND DISCUSSION

Based on the results of questionnaires on the scale of career decision making in class IX of State Junior High School 5 Metro, there were ten students who had a low career decision making scale score with a score range between 78 - 93 with an average score of 84.9. This means that students have not been able to make future career decisions. The determination is based on the categorization of the scale of career decision making, namely: score 43 - 76 Very Low, score 76.9 - 97 Low, score 97.9 - 118 Average, 118.9 - 140 High, and a score of 140.9 - 172 Very High.

The researchers divided randomly the ten students into experimental groups and control groups with each consisting of 5 samples. The experimental group included of AR, BL, CWP, MAL, and WF. While the control group consisted of ADH, ADR, DHP, IPW, and KPRA. The results of the score are then used as the results of the pre-test in this study.

After the pre-test was carried out, the researcher gave treatment or intervention to the experimental group by providing psychoeducational group services assisted by profession puppet media and for the control group not given psychoeducational group services interventions aided by the profession puppet. After being granted service, the researcher conducted a post-test on the experimental group and the control group.

Post-test results between the experimental group and the control group, before being given treatment (pre-test) and after being given treatment (post-test) produced a significant value. This means that there is interaction after providing psychoeducational group services with the assisted by profession puppet media. Because of the interaction, we need to use the t-test to compare the scores of the pre-test and post-test differences.

The results of the average gain test scores of the control group that were not given psychoeducational group interventions with profession puppet media to improve career decision making obtained an average of (1.80) with standard deviation (1,643). Meanwhile, the results of the average gain score in the experimental group given psychoeducational group interventions with profession puppet media to improve career decision making obtained an average of (2.00) with standard deviation (7,649). These results show that the average score of the experimental group given a psychoeducational group with profession puppet media to improve career decision making is higher than the control group that is not given intervention.

Based on the [Table 1.](#), the value of  $p$  (0.008)  $< 0.05$ , then according to the basis of decision making in the Mann Whitney test, it can be

concluded that  $H_0$  is rejected and  $H_a$  is accepted. From the results of the data analysis, it can be found that the psychoeducational group assisted by profession puppet is to improve career decision making in students of class IX of State Junior High School 5 Metro.

| Measurement |    | Experiment (N=xx) |
|-------------|----|-------------------|
| Experiment  | M  | 43.40             |
|             | SD | 8.050             |
| Control     | M  | 1.8000            |
|             | SD | 1.64317           |
| Z           |    | -2.619            |
| P           |    | 0.008 (<0,05)     |

**Table 1.** Results of testing the hypothesis of the effectiveness of Psychoeducational group Assisted by Profession Puppets media.

One technique in guidance and counseling that has an effective and structured approach is a psychoeducational group. With stages that are quite easy and regular, it is possible to improve specific skills. The psychoeducational group also has a lot of potential in the success of a goal, so that in just a few times implementation can improve student career decision making. The effectiveness of psychoeducational group to develop specific skills has been proven by several studies. Effective psychoeducational group to improve the ability to make career decision-making in SMK students by utilizing the "Teacher Process" that has been done by Guruh. Another proof was also carried out by Winarlin et al., That effective psychoeducational group to reduce the aggressive behavior of junior high school students with sociodrama techniques ([Winarlin, Lasan, & Widada, 2016](#)). Similar research was also conducted by Leksana who proved that effective psychoeducational group to improve the understanding of the selection of student majors with the topic of assignments ([Leksana, 2011](#)). This is enough to prove the effectiveness of psychoeducational group and indicate that the psychoeducational group can be collated with specific techniques to increase their effectiveness in developing certain potentials.

The effectiveness of psychoeducational group to improve student career decision-making is increasing with the help of profession puppets. Raising the score in the group given the intervention with the psychoeducational group assisted by profession puppet was more significant than the control group that was not given intervention. It can be understood that the group that received the intervention experienced a reasonably high development.

In the utilization of profession puppet media, students can visually understand various descriptions of jobs or professions that they can choose according to their talents and interests. In this case, the Guidance and Counseling teacher or group leader is also tasked with providing career information, fostering students' confidence in

choosing the right profession and cognitively students can understand the components of career decision making.

Profession Puppet becomes more interesting when presented in the form of cartoon characters and increase the effectiveness in providing services to achieve specific goals, including the goal of raising students' career decision making. This has been proven by Sari Arviani and Denok Setiawati that the use of profession puppets in classical guidance is effective in improving the insight and career readiness of sports classes at SMPN 3 Gresik ([Arviani & Setiawati, 2018](#)).

In this study, a psychoeducational group with profession puppet media plays an important role in optimizing student awareness of the importance of career decisions that must be made by each. The application of the profession puppet media with the demonstration and several questions posed by the guidance and counseling teacher/group leader can stimulate students to think critically about the various professions that are around us and various opportunities that can be used as work. Students who were initially unaware of the opportunities they were able to do to pursue careers, the type of education they had to choose according to their talents and asked them, to be able to explore the potential they were able to do and be able to make career decisions.

Some of these benefits show cognitively, the business of providing services can improve career decision making. Comparison of the gain score between the pre-test and post-test showed a significant increase in the experimental group given the intervention. The hypothetical test result also has a value Sig.2 (tailed) of 0,000 which is smaller than 0.05. This means that it can be concluded that  $H_0$  is rejected and  $H_a$  is accepted. Therefore, the psychoeducational group assisted by profession puppet is effective for improving student career decision making.

Thus, researchers realize the limitations of this study. This limitation involves time limitations related to subject observation in carried out its commitments, the boundaries of researchers in developing instruments, the researcher only took a sample of junior high school students, especially students of class IX and the limitations of the theory used in this study, the implication in the next study is this research is only carried out in a small scope, so that it cannot necessarily be generalized to a broader subject. Therefore, a new effort must be made for the conclusions of this study to be applied to other topics which cover it more broadly.

## CONCLUSION

The psychoeducational group assisted by profession puppet media is effective to improve adolescent career decision making. The



psychoeducational group assisted by profession puppet media can be used as a service in guidance and counseling, especially in the field of career guidance (career decision making).

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## AUTHOR CONTRIBUTIONS STATEMENT

MM is looking for data. HH and APM provided input in the revision process. All authors read and agree to the final version of this article.

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