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# GROUP GUIDANCE WITH SOCIODRAMA TECHNIQUE CONTAINING THE VALUES OF CATUR PIWULANG SUNAN DRAJAT TO DEVELOP STUDENTS' ALTRUISTIC ATTITUDES

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## ABSTRACT

*This research and development project aims to produce group guidance guidelines utilizing sociodrama techniques, incorporating Sunan Drajat chess scores that are deemed feasible by experts and proven effective in fostering the altruistic attitudes of high school students. This product was developed in accordance with the ADDIE model of research and development, which consists of five stages: Analysis, Design, Development, Implementation, and Evaluation. The research and development involved eight students from class X at SMA Negeri 1 Sukodadi, along with counselors and guidance and counseling experts. The instruments used in this study include altruistic attitude scales and assessment questionnaires for experts and potential users. The product validity test was conducted through assessments by material experts, media experts, cultural experts, and potential users, utilizing inter-rater agreement analysis. Furthermore, to determine the effectiveness of the product, the Wilcoxon signed-rank test was employed. Based on the results of the data analysis, the developed guidelines demonstrate very high validity in terms of acceptability, which includes accuracy, usability, convenience, and attractiveness. The results of the effectiveness test indicated that the intervention conducted by the counselor was effective in developing the altruistic attitudes of high school students. The findings of this research and development are recommended for implementation in group guidance services as one of the intervention strategies that can enhance students' altruistic attitudes.*

*Keywords:* group guidance, sociodrama techniques, chess, altruistic attitude

## INTRODUCTION

Humans are social creatures who cannot live in isolation and always need the presence of others to survive (Rizky et al., 2021). They require support from those closest to them, such as family, as well as from strangers (Atmasari et al., 2022). The way humans thrive is by demonstrating care, cooperation, and helping one another, which are essential components of the self-adjustment process necessary for creating harmonious social relationships (Nasution, 2021). Individuals with high social awareness prioritize the common good. Welfare and assistance are provided with selfless sincerity (Susanti & Ildil, 2023). This action is performed genuinely because it offers emotional satisfaction and psychological pleasure to the individual who helps, as it generates positive feelings in the helper (Rizky et al., 2021).

One of the behaviors characterized by helping without expecting anything in return is altruism. Altruism is a voluntary act driven by a concern for the welfare of others without any expectation of reward (Arini & Masykur, 2020). Myers (2012), states that altruists are the opposite of egoists. An altruist is someone who is concerned with helping others without seeking profit or reward for their assistance. An altruistic attitude prioritizes the interests of others, meaning that when someone else is in need, an altruistic individual will offer help even if they have personal matters or interests to attend to (Yulitri et al., 2020). This altruistic attitude has become part of social culture and is one of the values found in religious teachings, which can be practiced anytime, anywhere, and by anyone (Mawadah & Mulawarman, 2021).

Low levels of altruistic attitudes among students can lead to various social problems, such as increased selfish behavior, a lack of concern for others, and weakened solidarity among students (Rizky et al., 2021). This can result in acts of bullying, discrimination, intolerance, and interpersonal conflict. Additionally, students who lack altruistic attitudes may struggle to build healthy social relationships, negatively impacting their emotional and psychological development

(Rahmawati, 2019). Nowadays, humans are becoming increasingly individualistic, focusing more on their own interests (Fahira et al., 2024).

This trend is evidenced by several studies indicating that many students still lack awareness of altruistic attitudes. For instance, research conducted by Risqy (2021), showed that high school students in the Soko District exhibited an altruism level of 79.1%, which is considered moderate. Another study by Mawadah & Mulawarman (2021), found that the level of altruistic behavior among students was in the medium category (55%). Additionally, research on students at Eka Sakti Junior High School in Semarang revealed that 71.4% of students fell into the medium category (Arini & Masykur, 2020). Supporting this, a study by Umiati (2021), indicated that altruism among students at SMP Negeri 5 Banjarmasin was also in the medium category, with a score of 79%. Furthermore, some students still consider social factors when providing assistance, indicating that many are hesitant to help others (Atika et al., 2024).

Therefore, there is a need for appropriate interventions to address the lack of altruism among students. The goal is to develop students' altruistic attitudes to help them avoid social problems. One effective approach is through guidance services provided by school counselors or guidance and counseling (BK) teachers. The implementation of guidance services can be conducted through group guidance, which involves several individuals and utilizes group dynamics (Prayitno et al., 2017). The purpose of group guidance is to assist individuals in achieving self-understanding, self-acceptance, self-direction, and realizing their potential for optimal development (Tiro & Marjohan, 2022). The target of group guidance is to help individuals within the group gain self-understanding, self-acceptance, self-direction, and self-realization toward optimal development (Hartanti, 2022).

Guidance services can be conducted using various techniques, one of which is sociodrama or role-playing techniques.

Sociodrama is a role-playing method aimed at practicing skills to solve social problems that arise from interactions between individuals (Hapsyah, 2019). According to Winkel & Hastuti (2007), sociodrama is a form of role-playing that is carried out by Dramatizing behavior in social relationships can be effectively addressed through the application of sociodrama techniques, which can improve and prevent social behavior disorders encountered by students (Sanjaya, 2021). Therefore, the researcher chose the sociodrama technique to strengthen altruistic attitudes, as this method involves students directly. This engagement will help students feel and learn about social problems. Additionally, sociodrama can provide understanding and clear imagery for students in dealing with social issues, such as the lack of altruistic attitudes.

Sociodrama techniques that integrate the values of local wisdom can be a breakthrough for guidance and counseling teachers in developing altruistic students. Local wisdom encompasses a variety of values and teachings that are rich in character formation and noble ethics. These values can serve as a source of inspiration in guidance and counseling services to help build a counseling character (Hidayat, 2023). One example is the noble value of Sunan Drajat's teachings, known as Catur Piwulang. Catur Piwulang consists of four teachings inherited by Sunan Drajat for community life. This teaching has been passed down through generations via a continuous genealogical series, yet it retains its true meaning. The content of Catur Piwulang includes Wenehono sign for people who are wuto, Wenehono food for people who are kaliren, Wenehono clothes for people who are wudo, and Wenehono umbrella for people who are kawudanan (Rofiq & Rozaq, 2023).

However, there are still few studies that integrate sociodrama techniques with local wisdom values, such as Catur Piwulang Sunan Drajat, which provides teachings on social care and harmony in community life. Therefore, this research and development aims to fill this gap by developing a group guidance guide based on sociodrama techniques that incorporates the values of

Catur Piwulang Sunan Drajat. The integration of local wisdom values in guidance and counseling services not only makes this approach more contextual with student culture but also strengthens the character of student care.

To date, group guidance services have not been developed using sociodrama techniques infused with local values and traditional wisdom that teach about character, ethics, and appreciation for tradition. Thus, it is necessary to conduct research and development on group guidance services utilizing sociodrama techniques with Catur Piwulang values as one of the strategies to develop the altruistic attitudes of high school students

## **METHODOLOGY**

The research and development method used is a type of research and development (R&D) that follows the ADDIE development model. According to Branch (2009), the ADDIE model consists of five stages: Analysis, Design, Development, Implementation, and Evaluation. The procedure carried out by the researcher begins with the Analysis stage, where the researcher analyzes the potential and problems occurring in the field by conducting a preliminary study. Additionally, the researcher conducted a literature review to strengthen product development.

In the next stage, Design, the researcher began constructing the guidance for the sociodrama group, incorporating Catur Piwulang, and created a prototype design. The product design concept is presented in the form of a grid that outlines the content arrangement of the developed guide.

During the Development stage, activities included the creation of guidelines, the preparation of instruments to assess product acceptance, and the preparation of instruments for the assessment of material experts, cultural experts, media experts, and potential users. The next stage is Implementation, which involves conducting a pilot test of the guide for grade X students at SMA Negeri 1 Sukodadi over five sessions of group guidance services using sociodrama

techniques. The trial involved eight students with a moderate level of altruistic attitude. Data analysis in this development research employs an inter-rater agreement model to determine product.

Acceptance and a Wilcoxon signed-rank test are used to determine the effectiveness of the product. The Evaluation stage is conducted to assess each phase of the process, specifically evaluating the achievement of the targets at each stage

**RESULT AND DISCUSSION**

This research and development produces a product with the expected specifications in the form of guidance for sociodrama technique groups, incorporating the values of Catur Piwulang Sunan Drajat to develop the altruistic attitudes of high school students. The specifications of these research and development products are described according to the product description and product acceptance criteria.

This guide consists of three parts. Part I is the introduction, which contains the rationale, goals, user objectives, participants, and components of the guidebook, including service implementation plan (RPL) BK and scenario flow. Part II covers the basic concepts, providing a description of altruistic attitudes, Catur Piwulang, and the integration of Catur Piwulang in the implementation of group guidance services using sociodrama techniques to develop students' altruistic attitudes. Finally, Part III outlines the steps for group guidance activities, which include a grid of group guidance service activities, general instructions, and special instructions. The general instructions section details the implementation of guidance for sociodrama technique groups with Catur Piwulang values to develop the altruistic attitudes of high school students, covering everything from the first meeting to the last, including themes/topics, objectives, and activities.

The research data includes the results of assessments from BK material experts, media experts, cultural experts, potential product users, and limited group tests (small group tests). This research and development yields

both quantitative and qualitative data. The final assessment from all experts indicated very high validity, with a score of 1.00. This indicates that the group guidance guide product, which utilizes sociodrama techniques based on Catur Piwulang, is highly valid and considered feasible in terms of material, media, culture, and feedback from prospective product users. However, experts also provided several suggestions for product improvement and revisions. This aligns with the opinion of Larasati et al. (2020), who stated that product revisions based on criticism, suggestions, and feedback aim to enhance product quality, ensuring better acceptance and alignment with the needs of potential users. The assessments from material experts, media experts, and prospective users were obtained through the acceptance instrument described in Table 1.

Table 1.  
Product Expert Test Results

Product Expert	Score	Category	Information
Material Expert Test	1,00	D	Very High
Media Expert Test	1,00	D	Very High
Cultural Expert Test	1,00	D	Very High
Test Potential Users	1,00	D	Very High

Guidelines that have undergone expert assessments can be implemented with high school students as an effort to develop their altruistic attitudes. To determine the effectiveness of the product, pretests and posttests were conducted using the altruism attitude scale.

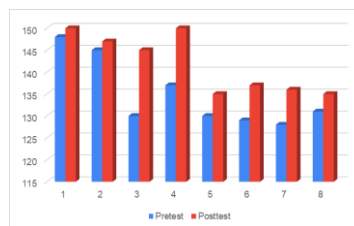


Figure 1.

Shows The Pretest and Posttest Values

The pretest and posttest data were then analyzed using the Wilcoxon Signed-Rank Test. This data analysis technique was chosen because the data were not normally distributed, necessitating a non-parametric analysis. Table 2 shows the results of the data normality test.

Table 2.  
*Normality Test Results*

		Unstandar- dized Residual	
N		8	
Normal Parameters <sup>a,b</sup>	Mean	.0000000	
	Std. Deviation	4.18558756	
Most Extreme Differences	Absolute	.339	
	Positive	.339	
	Negative	-.186	
Test Statistic		.339	
Asymp. Sig. (2-tailed) <sup>c</sup>		.007	
Monte Carlo Sig. (2-tailed) <sup>d</sup>	Sig.	.008	
	99% Confidence Interval	Lower Bound	.006
		Upper Bound	.011

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

d. Lilliefors' method based on 10000 Monte Carlo samples with starting seed 2000000.

Table 3 presents the results of the Wilcoxon Signed-Rank Test analysis.

Table 3.  
*Wilcoxon Test Results*

Test Statistics	Posttest-Pretest
Z	-2.527 <sup>b</sup>
Asymp. Sig. (2-tailed)	.012

a. Wilcoxon Signed Ranks Test.

b. Based on negative ranks.

Based on the results of the analysis of the Wilcoxon Signed-Rank Test, the significance value is 0.012 (<0.05), indicating a significant change between the scores of students' altruistic attitudes. Thus, there is an influence from the intervention carried out by the counselor using the guidance guide of the sociodrama technique group containing chess values to develop the altruistic attitude of high school students that has been developed.

An altruistic attitude, which reflects concern for the welfare of others, plays an important role in shaping a positive and conducive environment (Dewanti, 2019). When students exhibit low altruistic attitudes, a number of negative phenomena can arise, impacting various aspects of school life. One

of the most visible effects is the increase in antisocial behavior among students (Lina et al., 2023). Without empathy and a desire to help others, students tend to be more selfish, which can trigger conflicts, bullying, and acts of violence (Susanti & Ildil, 2023). Additionally, low altruistic attitudes can hinder students' social-emotional development (Yuniar et al., 2019). Students who care less about others tend to have difficulty building healthy interpersonal relationships (Hasrian & Rahmat, 2024). Students will have difficulty communicating effectively and solving problems together (Rahmawati, 2019).

Therefore, the role of counselors is very important in providing guidance and counseling services to facilitate the development of students' altruistic attitudes in schools (Atika et al., 2024). The implementation of services provided by counselors can be done through group guidance services. The implementation of group guidance services to develop altruists can be done with sociodrama techniques. Sociodrama techniques are integrated with the value of Catur piwulang teachings of Sunan Drajat. The teachings of Catur piwulang Sunan Drajat are Javanese cultural heritage that is rich in moral values that are relevant for the development of students' character including altruistic attitudes. The meaning of Catur piwulang teaches basic human values that are in accordance with altruistic aspects such as caring, empathy, and mutual cooperation or cooperation. The teaching of the value of Catur piwulang is manifested through thoughts, words, and deeds that are used to train students in developing concern to improve the welfare of others.

The teachings of the value of Catur piwulang which are integrated into sociodrama are related to the aspect of altruistic attitudes. Namely in the value of Wenehono signing for people who are willing to do what is right, it can be adjusted to the aspect of cooperation, in the value of Wenehono food for people who are concerned and Wenehono umbrella for people who are worried can intervene in the aspect of helping, and in the value of

Wenehono clothing for people who are wudo can intervene in the aspect of empathy. There is a way to integrate the value of Catur piwulang to students to develop an altruistic attitude, namely the counselor presents problems or cases that are relevant to the situation that occurs in the school environment. After that, the counselor prepares a scenario and then students are invited to develop a sociodrama dialogue independently based on the case. Through this technique, students are expected to understand the values of Catur piwulang which are also related to the altruistic attitude more deeply and be able to develop and apply the altruistic attitude in daily life.

### CONCLUSION

Based on the studies that have been presented, it can be concluded that in this research and development, it has produced a product in the form of a sociodrama technique group guidance guide with the value of Catur piwulang Sunan Drajat which is feasible and proven effective in improving the altruistic attitude of high school students.

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