

## **4th National Seminar on Guidance and Counseling (SNBK 2019)**

Auditorium of Teacher Training and Education Faculty  
Universitas Sebelas Maret, Surakarta, Indonesia  
November 12, 2019

### **PREFACE**

Improving the quality of mental health needs to be continued in relation to the development of students' potential. Collaboration between educators and students and the community is needed. To support this idea, among educational institutions need to conduct studies and share research on the development of potential based on mental health in scientific forums. Therefore, BK FKIP Sebelas Maret University (UNS) as an educational institution initiated a scientific forum in the form of a National Seminar on Guidance and Counseling with the theme "Mental Health as a Beginning to Optimize Self Potential".

The objectives of the seminar are: (1) to build educators perceptions in optimizing of students' potential; (2) assessing the challenges and strategies of BK services in improving students' mental health; (3) utilizing the role of social media and technology in an effort to optimize the potential of students; (4) means of dissemination of research and / or studies for the community and stakeholders; and (5) to build teamwork and partnerships nationally.

On this occasion, the committee would like to thank and appreciate those who participated in the seminar, namely: Dr. Mardiyana, M.Si as well as the Dean of FKIP Sebelas Maret University Surakarta, who has given permission and ease in organizing seminars; Mulawarman, S.Pd., M.Pd., Ph.D (Lecturer at Semarang State University); Muhammad Ihsan Pratama Putra (Author of the Book "Later We Are Confide about Today") as the speaker of the National Seminar; Lecturer of BK FKIP UNS; co-authors; students and seminar participants.

Editor Proceeding SNBK 2019,  
Agus Tri Susilo, M.Pd.  
Adi Dewantoro, M.Pd



## LIST OF COMMITTEE

### Steering Committee

Chairperson:

Dr. Mardiyana, M.Si.

Advisory Boards and Scientific Committee:

1. Prof. Dr. Slamet Subiyantoro, M.Si.
2. Dr. Dewi Kusuma Wardani, M.Si.
3. Dr. Djono, M.Pd.
4. Dr. Edy Legowo, M.Pd
5. Dr. Asrowi, M.Pd
6. Dr. Wagimin, M.Pd
7. Dr. Siti Sutarmi Fadhilah, M.Pd
8. Dr. Naharus Surur, M.Pd
9. Ulya Makhmudah, M.Pd
10. Rian Rokhmad Hidayat, M.Pd
11. Ribut Purwaningrum, M.Pd
12. Agus Tri Susilo, M.Pd
13. Ma'rifatin Indah Kholili, M.Pd
14. Citra Tectona Suryawati, M.Pd
15. Adi Dewantoro, M.Pd

### Organizing Committee

Chairperson:

Dr. Edy Legowo, M.Pd.

Secretarial staffs:

1. Dr. Wagimin, M.Pd
2. Dr. Siti Sutarmi Fadhilah, M.Pd

Accommodation and Ceremony:

1. Dr. Asrowi, M.Pd
2. Ribut Purwaningrum, M.Pd
3. Ma'rifatin Indah Kholili, M.Pd

Papers and Publication:

1. Dr. Naharus Surur, M.Pd
2. Agus Tri Susilo, M.Pd.

Website Development:

1. Rian Rokhmad Hidayat, M.Pd
2. Ulya Makhmudah, M.Pd

Logistic and Supporting Team:

1. Adi Dewantoro, M.Pd.
2. Citra Tectona Suryawati, M.Pd.

## SEMINAR PHOTOGRAPH





## Workshop on Pedagogical Theory and Practice (WTPP 2019)

ORMAWA Building  
Universitas Perjuangan Tasikmalaya, Tasikmalaya, Indonesia  
November 30, 2019

### PREFACE

Schooling education cannot be separated from the parent of educational science, namely pedagogy. Pedagogical perspective can be seen as the science of children's education, both theoretically and practically. The existence of pedagogic is quite important because two main reasons, namely: 1) pedagogic is needed as a basis for educational practice and; 2) pedagogy becomes a scientific foundation for teachers in the practice of education. Based on this view, primary school education is quite compatible with pedagogical concepts. The PGSD Study Program FKIP of Universitas Perjuangan Tasikmalaya as an institution engaged and responsible for education took the initiative to hold a Workshop on Pedagogical Theory and Practice (WTPP 2019).

The objectives of this workshop are: 1) to develop a shared understanding between teachers, teacher candidates and universities related to pedagogical theory and practice; 2) strengthen the community of educators, researchers and pedagogical practitioners in Indonesia; 3) joint publications related to pedagogic theory and practice, especially in elementary schools; and 4) a means for preparing quality education recommendations based on pedagogical theory and practice.

On this occasion, the committee would like to thank and appreciate those who participated in the workshop, namely: the main speakers: Prof. Dr. H. Cece Rakhmat, M.Pd. as well as the Dean of FKIP Universitas Perjuangan Tasikmalaya, who has given permission and ease in holding the seminar a main speaker; Dr. Sandi Budi Iriawan, M.Pd., from the Universitas Pendidikan Indonesia and Moh Salimi, M.Pd., from Universitas Sebelas Maret; co-authors; students and workshop participants.

Editor Proceeding WTPP 2019,  
Geri Syahril Sidik, M.Pd.  
Riga Zahara Nurani, M.Pd.

## LIST OF COMMITTEE

### Steering Committee

Chairperson:

Prof. Dr. H. Cece Rakhmat, M.Pd.

Advisory Boards and Scientific Committee:

1. Rita Tri Yusnita, M.M.
2. Riza Fatimah Zahrah, M.Pd.
3. Drs. Yusuf Suryana, M.Pd.
4. Drs. H. Dudung Suryana, M.Pd.
5. Fajar Nugraha, M.Pd.
6. Geri Syahril Sidik, M.Pd.
7. Rizki Hadiwijaya Z, M.Pd.
8. Hatma Heris Mahendra, M.Pd.
9. Winarti Dwi Febriani, M.Pd.
10. Riga Zahara Nurani, M.Pd.

### Organizing Committee

Chairperson:

Drs. Yusuf Suryana, M.Pd.

Secretarial staffs:

1. Rizki Hadiwijaya Z, M.Pd.
2. Winarti Dwi Febriani, M.Pd.
3. Riza Fatimah Zahrah, M.Pd.

Accommodation and Ceremony:

1. Fajar Nugraha, M.Pd.
2. Aldi Prasetyo

Papers and Publication:

1. Geri Syahril Sidik, M.Pd.
2. Riga Zahara Nurani, M.Pd.

Website Development:

1. Hatma Heris Mahendra, M.Pd.
2. Jeri Rahmawan

Logistic and Supporting Team:

1. Drs. H. Dudung Suryana, M.Pd.
2. Isman Noer Rahmatulloh

### SEMINAR PHOTOGRAPH







## **PEER REVIEW STATEMENT**

All papers published in this volume of Social, Humanities, and Educational Studies (SHEs): Conference Series have been peer reviewed through processes administered by the proceedings Editors. Reviews were conducted by expert referees to the professional and scientific standards expected of a proceedings journal published by Universitas Sebelas Maret.

## TABLE OF CONTENTS

<b>PREFACE</b>	i
<b>PEER REVIEW STATEMENT</b>	ix
<b>TABLE OF CONTENTS</b>	x-xii
<b>4th NATIONAL SEMINAR ON GUIDANCE AND COUNSELING (SNBK 2019)</b>	
<b>Implementasi Teknik Relaksasi pada Pembelajaran Matematika Terhadap Kepercayaan Diri Mahasiswa PGSD Arizona Arizona, Tiurida Intika</b>	1-7
<b>Meningkatkan Mutu Belajar Siswa Kelas XI IPA 4 Melalui Bimbingan Terfokus pada SMA Negeri 4 Surakarta Desi Kurniawati</b>	8-14
<b>Integration of Mindfulness and Kawruh Jiwa in Guidance and Counseling Services to Achieve Psychological Well-Being of Students in The Disruption Era Endang Rifani</b>	15-23
<b>A Literature Review: The Used of PROSPER Model in Guidance and Counseling Services for Improving Students Mental Health Kristiana Firdausi</b>	24-33
<b>The Impact of Microagression in Counseling on The Mental Health of Students Layyinatus Syifa</b>	34-39
<b>Assessment of Hanoman's Character Value (Indigenous) as a Counselor Competence for Industrial Revolution Maya Tsuruya Alfadla, Putri Laras Trisnawati</b>	40-46
<b>Implementation of Deep Dialogue/Critical Thinking in Guidance and Counseling Services: Critical Role Solutions Improve Thingking Skills on Z Generation Shopyan Jepri Kurniawan, Fuad Aminur Rahman</b>	47-55
<b>The Optimizing of Counselor Competence for Multicultural Counseling Yudhi Purwa Nugraha, Anastasia Hariyati, Fitri Uswatun Khasanah</b>	56-63
<b>WORKSHOP ON PEDAGOGICAL THEORY AND PRACTICE (WTPP 2019)</b>	
<b>Meningkatkan Hasil Belajar Siswa pada Pembelajaran FPB dan KPK Menggunakan Alat Peraga Dakon Aldi Prasetyo, Yusuf Suryana, Geri Syahril Sidik</b>	64-72

<b>Meningkatkan Kemampuan Membaca Puisi Melalui Penerapan Model Dramatic Learning Kelas IV SDN 4 Tugu Tasikmalaya</b> Anisa Pitriani, Dedi Heryadi, Riga Zahara Nurani	73-79
<b>Penerapan Model Pembelajaran Think, Pair, and Share Terhadap Peningkatan Hasil Belajar Siswa pada Pembelajaran IPS di Kelas V SD Negeri I Bojongsambir</b> Arini Ainaki Nur Dinaqi, Cece Rakhmat, Fajar Nugraha	80-87
<b>Dampak Pemanfaatan Sarana Pendidikan Terhadap Efektivitas Pembelajaran di SD Negeri Se-Gugus 1 Puspahiang</b> Dika Dianto, Riza Fatimah Zahrah, Agus Ahmad Wakih	88-97
<b>Penerapan Model Pembelajaran Kooperatif Tipe Scramble dalam Meningkatkan Motivasi dan Hasil Belajar Siswa</b> Dinah Dinah, Yus Darusman, Fajar Nugraha	98-109
<b>Penerapan Model Pembelajaran Course Review Horay untuk Meningkatkan Aktivitas dan Hasil Belajar Peserta Didik Pada Mata Pelajaran Matematika di SDN 1 Gununglipung</b> Fahmi Fikri Fauzi, Cece Rakhmat, Hatma Heris Mahendra	110-115
<b>Meningkatkan Hasil Belajar Siswa pada Operasi Penjumlahan Bilangan Bulat dengan Menggunakan Model Pembelajaran Numbered Head Together</b> Fitria Puspitasari, Yusuf Suryana, Geri Syahril Sidik	116-125
<b>Penggunaan Model Pembelajaran Kooperatif Tipe Make a Match dalam Pembelajaran IPS untuk Meningkatkan Hasil Belajar Siswa</b> Pratidina Salma Insiyah, Ade Maftuh, Riza Fatimah Zahrah	126-130
<b>Implementasi Metode Glenn Doman dalam Meningkatkan Kemampuan Membaca Siswa Kelas I SD Negeri Bojong Kecamatan Cikatomas Kabupaten Tasikmalaya Tahun Pelajaran 2018/2019</b> Resi Indah Budiarti, Dedi Heryadi, Riga Zahara Nurani	131-136
<b>Penggunaan Model Pembelajaran Time Token Untuk Meningkatkan Hasil Belajar Pada Mata Pelajaran IPA Kelas IV SDN 3 Manonjaya</b> Rina Rahnawati, Ade Maftuh, Winarti Dwi Febriani	137-141
<b>Penerapan Alat Peraga Papan Berpaku untuk Meningkatkan Pemahaman Konsep Persegi dan Persegi Panjang</b> Siti Yunia, Yusuf Suryana, Winarti Dwi Febriani	142-147
<b>Penggunaan Media Pembelajaran dengan Benda Konkret untuk Meningkatkan Hasil Belajar Siswa pada Mata Pelajaran Matematika</b> Wulan Nur Aeni, Yus Darusman, Hatma Heris Mahendra	148-154
<b>Meningkatkan Motivasi Belajar Siswa pada Pembelajaran Dasar Seni Tari Klasik (Tari Dasar Putri) Melalui Metode Demonstrasi</b> Yano Noor, Geri Syahril Sidik, Agus Ahmad Wakih	155-162

<b>Pengaruh Model Discovery Learning Terhadap Keterampilan Proses Sains Dalam Pelajaran IPA Materi Sifat dan Perubahan Wujud Benda di SDN 1 Tanjunganom</b> <b>Dena Hafifah, Dea Pujiasti, Widdy Sukma Nugraha</b>	163-170
<b>Pengaruh Model Pembelajaran Kooperatif Tipe TGT (Team Games Tournament) Terhadap Motivasi Belajar dan Pemahaman Konsep Matematika</b> <b>Neneng Mila Avivah, Eko Fajar Suryaningrat</b>	171-177
<b>Hubungan Pola Asuh Orang Tua Karir Dengan Motivasi Belajar Siswa</b> <b>Sofie Putri Ardillani, Muhammad Nurjamaludin</b>	178-183
<b>Perbandingan Model Pembelajaran Direct Intruction (DI) dengan Model Pembelajaran Kooperatif Tipe Numbered Head Together (NHT) Kemampuan Komunikasi Matematis Siswa</b> <b>Sri Wildaningsih, Ejen Jenal Mutaqin, Neni Nadiroti Muslihah</b>	184-192