

## Implementation of the Habituation Method in improving Disciplinary Character in Elementary Schools

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### ABSTRACT

The character of discipline is behavior that reflects obedience in carrying out applicable regulations. The character of discipline is important. Without awareness of the necessity of carrying out predetermined rules, it will require a method of habituation so that it can form a strong student character. The purpose of this study is to describe habituation methods in improving student discipline character and the impact of habituation method implementation in improving student discipline character. The research method used is qualitative research with a case study approach using data collection techniques in the form of interviews, observations and documentation studies. The data analysis technique used in this study is Milles and Huberman's interactive analysis model. From this study, it can be concluded that the process of implementing habituation methods in improving disciplinary character has run as expected. This is evidenced by the achievement of 2 disciplines, namely the discipline of obeying the rules of discipline and the discipline of time.

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### 1. INTRODUCTION

Character education has a higher meaning than moral education, because character education is not only concerned with right-wrong issues, but how to instill habits about good things in life, so that children / students have high awareness, and understanding, as well as care and commitment to apply virtue in everyday life (Mulyasa, 2013: 3). The essence of character education is that students realize that what they do is the best thing for themselves and others. That way, students will always do good things.

The character that a person has is basically formed through a fairly long learning process. (Andriani & Wakhudin, 2020) stated that character is formed through the learning process in several places, such as at home, school, and the environment around the residence. Character education for elementary school students is indeed very necessary, especially disciplinary character. Facts in the field of problems that often arise during learning are the discipline of students.

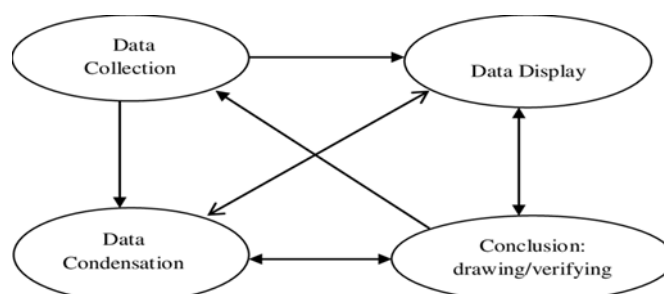
A person's main capital to achieve an educational success is discipline. The existence of undisciplined behavior in the school environment proves that there are serious problems in character education (Arto & Wakhudin, 2021). The need to instill a disciplined character in children from an early age, children will get used to carrying out everything in a timely manner and can develop the potential that is in them. Then the teacher's efforts in improving student discipline use methods. The methods carried out by teachers are lectures, execution, habituation, and simulation (Maghfiroh, 2016; Rahmat, Sepriadi and Daliana, 2017; Subiarto and Wakhudin, 2021).

Then the teacher's efforts in improving student discipline use methods. The methods carried out by teachers are lectures, execution, habituation, and simulation (Maghfiroh, 2016; Rahmat, Sepriadi and Daliana, 2017; Subiarto and Wakhudin, 2021). One way to shape the nation's character is to apply the habituation method. Habituation is an activity that is carried out repeatedly and systematically, which is in accordance with Skinner's learning theory.

The purpose of this study is to describe habituation methods in improving student discipline character and the impact of habituation method implementation in improving student discipline character.

## 2. RESEARCH METHODS

The research method used in this study is a qualitative approach to the case study method. The research was conducted at SD Negeri Pagubugan Kulon 04 which is located at Jalan Danasri, Pagubugan Kulon Village, Binangun District, Cilacap Regency, Zip Code 53281. The subjects in this study were grade V students of SD Negeri Pagubugan Kulon 04. The data collection techniques used in this study were observation, interviews, and documentation. The data analysis model that the researchers used was the Miles and Huberman model. According to Miles and Huberman, activities in qualitative data analysis are carried out interactively and continue continuously until complete, so that the data is saturated. Activities in data analysis are data collection, data reduction, data display, and conclusion drawing/verification. Furthermore, the Miles and Huberman model in data analysis is shown in the figure as follows:



## 3. RESULT AND DISCUSSION

### a. Result

This research was carried out at Pagubugan Kulon 04 Cilacap State Elementary School in the even semester of the 2022/2023 academic year. The subjects of this study were grade V students. Data collection was taken through observation activities, interviews, and documentation studies. The following is data on findings obtained by researchers from informants in the field during the research process.

Forming a disciplinary character must be instilled from an early age, and familiarize discipline continuously and istiqomah even though there are obstacles in the midst of its application, because the formation of a discipline attitude is very important to produce a better generation.

At SD Negeri Pagubugan Kulon 04 efforts to improve the disciplinary character of students are carried out as follows:

1. Create and treat class rules for all students, which have been agreed upon by all students without exception.
2. Enforce an order board when violating writing a sign on the order board.
3. Conduct discipline evaluations every morning, control and supervise students so that they always carry out discipline whether supervised or not.
4. Motivate students to improve their disciplinary character and become disciplined students.
5. Conduct socialization with parents both through social media and meetings when taking report cards. Social media provides daily info about student behavior.

SD Negeri Pagubugan Kulon 04 forms a disciplinary character, there are several forms of disciplinary character. The first is discipline in obeying school rules that are known by all school residents, applicable to all school residents without exception such as embarrassment for arriving late, embarrassment for violating regulations, shame because assignments are not carried out / completed on time and others. In dressing according to a predetermined schedule and uniform. Second, time discipline. Where all teachers and students must take part in activities at SD Negeri Pagubugan Kulon 04, every morning perform dhuha prayers in congregation, while dhuhur prayers are also congregational. In addition to discipline in worship, discipline in learning is also disciplined. Each class conducts learning according to their own schedule. Literacy for 15 minutes before the bell enters and reading books that are already available in the classroom corner library, so that students before 06.45 have arrived at school.

## b. Discussion

The role of teachers is very necessary to improve the discipline of students. Andriani, A. and Wakhudin (2020: 53) suggest that the role of teachers is very large in determining the success of learning objectives in teaching and learning activities for students, because teachers can directly influence, foster and improve students' intelligence and skills. This explanation is in accordance with what has been done by teachers at SD Negeri Pagubugan Kulon 04 Cilacap.

The teacher always greets students before learning starts and absent by asking for news, and if there is one of the students who is sick then the teacher prays and encourages them to be healthy again quickly. Teachers always remind students to remind each other about the learning schedule and tasks that must be collected. One of these steps is to form social attitudes, disciplined attitudes of students.

The actions taken by teachers of SD Negeri Pagubugan Kulon 04 Cilacap to improve social attitudes and discipline attitudes of students are in line with research conducted by Sarwono, A. Y., Murtono, M., & Widiyanto, E. (2020) entitled "The Teacher's Role in Developing Student Social Attitudes" stating that the role of teachers in shaping students' social attitudes is very important to be applied in students' daily lives in the school environment, family, and society.

Wibowo (2012: 101) stated that discipline indicators are arriving on time, getting used to following rules, orderly dressing, and using facilities well. Daryanto (2014: 141) further divided the indicators of learning discipline into four, namely: 1) adherence to school rules, 2) adherence to learning activities at school, 3) carrying out the tasks that are his responsibility, and 4) learning discipline at home.

The development of discipline attitudes of each student is different from each other. Teacher assistance and guidance in improving student discipline is needed. Students of SD Negeri Pagubugan Kulon 04 Cilacap have different characters and interests in learning, and their level of discipline is also different. They still really need guidance, explanation, and guidance from teachers to grow their agility in learning.

The condition of students is in accordance with what was expressed by Suharto, T. (2006: 123) that students are creatures of God consisting of physical and spiritual aspects that have not reached the level of maturity, both physical, mental, intellectual, and psychological, therefore they still need help, guidance, and direction from teachers in order to develop their potential optimally and guide them to maturity.

Teachers of SD Negeri Pagubugan Kulon 04 Cilacap have always provided guidance and direction to students without exception, but in reality not all students can be directed according to the teacher's wishes. Students who obey and obey their teachers, they will carry out with discipline what has become a rule. Disobedient learners will ignore every command or rule imposed in learning. This is contrary to Arikunto, S. (1980: 114) who said that discipline is a person's obedience to carry out applicable orders or rules.

Hariato (2014: 9) explained the values in character education that must be instilled there are 18 values, namely religious values, honesty, tolerance, discipline, hard work, creative, independent, democratic, curiosity, national spirit, love of the country, respect for achievements, friendly / communicative, love of peace, love of reading, care for the environment, social care and responsibility. The 18 characters expressed by the scientist have not been fully implemented in social studies learning at SD Negeri Pagubugan Kulon 04 Cilacap.

Time discipline means that students enter and complete lessons on time, do not leave class hours, and do the tasks given. The discipline of melangab includes: Obeying and not opposing the rules, not lazy to study, not telling others to work for himself, not liking to lie, pleasant behavior, including not cheating, not making noise and not disturbing others who are studying.

Students who lack discipline are influenced by several things, including: lack of assistance and motivation from parents who are average farmers, inadequate supporting facilities, too free association of children, students do not want to be open with teachers. Environmental conditions are indeed very influential on the development of students' attitudes. The participation of parents, teachers and the community is very necessary to foster the disciplinary character of students of SD Negeri Pagubugan Kulon 04 Cilacap.

The explanation of the influence of the lack of discipline of students is in accordance with research conducted by Pawestri Dwi Siwi, (2016) in a thesis entitled "Analysis of Student Discipline at SD Negeri Padang 01 Lumajang" Stating that the supporting factor of student discipline is due to the attitude of students who are willing to be open to teacher advice so that they are not too difficult to direct, while the inhibiting factor of the average community is not employees but work as a farmer.

The study entitled "Effective Classroom Management Strategies in Fostering Student Discipline Attitudes." conducted by Yantoro Y. (2020) with the results of the study concluded that student discipline attitudes can be grown with teacher strategies in effective classroom management. This research is in line with what is done by teachers of SD Negeri Pagubugan Kulon 04 in carrying out learning activities, there needs to be a special strategy to foster student discipline.

Students of SD Negeri Pagubugan Kulon 04 Cilacap who are highly disciplined are students who are accustomed and trained to always be disciplined in everything. One's discipline cannot emerge directly. Discipline needs to be trained and directed. Naim, N. (2021: 142-143) explained that discipline cannot be built instantly, it takes a long process so that discipline becomes a habit that is firmly inherent in a student, therefore internalization of discipline character must be done early. The purpose of such actions is to direct students so that they learn about good things that are preparation for the future.

Undisciplined actions taken by students are influenced by several things, including: lack of attention from parents, too free association of children, no binding rules in the family, less strict sanctions from the school. Prijodarminto, S. (1994: 23) states that discipline is a condition that is created and formed through the process of a series of behaviors that show obedience, order and, or order. These values have become part of his life.

Research conducted by Roikhatul Janah, (2017) entitled "Model of Internalization of Honest Character and Student Discipline" found that learning carried out using various learning strategies that are in accordance with the conditions of students can provide examples of example and provide honest and disciplined concepts to students. This action is in line with the efforts made by teachers of SD Negeri Pagubugan Kulon 04 Cilacap to foster discipline through habituation methods. The efforts made by teachers will be in vain if not accompanied by the efforts of parents and students themselves. Cooperation from various parties is needed to shape the character of the learners.

Based on the results of observations, interviews and documentation that have been collected by researchers, the results are as follows:

#### 1. Habituation Method Implementation Process

At SD Negeri Pagubugan Kulon 04, the implementation of habituation methods in shaping the character of discipline in students is very important, it aims to produce graduates with academic character and depth and national insight in accordance with the school's vision and mission, the school's vision which reads to be an educational institution that produces graduates with national religious character who have depth of knowledge. One of its missions is to organize character education based on God Almighty.

According to Al-Ghazali, education should lead to the formation of noble morals. Moral education as the core or peak, because of unity in the Islamic education system, moral education as its soul. This education is actually the goal of the entire existing education system. From here Muslim teachers agree that the purpose of education and teaching is not to fill the students' brains with some knowledge alone, without ruling out moral education that is the center of attention, because it is human morality that can determine the destruction or integrity of a nation.

Familiarization with neatness at school will have a positive influence on the lives of students in the future. At first, neatness of dress was felt as a rule that curbed the freedom of students. However, if this rule is perceived as something that should be obeyed consciously for the good of oneself and the common good, then over time it will become a habit towards a better direction. Cooperation from teachers and parents is the key to success in shaping the disciplinary character of students. Teachers and parents are education that is expected to be able to work together in fostering the discipline character of students.

Strategies to improve student discipline, among others, can be done in the following ways:

- a. The importance of example, giving examples is an easy action for teachers to do, but to be an example or an example is not easy.
- b. Increased motivation that moves or encourages people to do something.
- c. Education and training are one of the important factors in forming discipline.
- d. Leadership where the leader is a role model that is very influential in coaching discipline for those led.
- e. Enforcement

#### 2. Impact of Habituation Method Implementation

SD Negeri Pagubugan Kulon 04 in forming a disciplinary character is guided by school rules that have been installed in the school environment and are known by all school residents. The form of discipline character at SD Negeri Pagubugan Kulon 04 is the discipline of obeying the rules of discipline and time discipline.

First, discipline obeys school rules such as malu for arriving late, shame for violating regulations, shame because tasks are not carried out / completed on time and others. In dressing according to a predetermined schedule and uniform.

Both time disciplines, teachers and all students must follow the rules in SD Negeri Pagubugan Kulon 04, every morning perform dhuha prayers, and dhuhur prayers are also congregational. A discipline in worship, as well as discipline in learning. Each class conducts learning according to their own schedule.

Literacy 15 minutes before the bell enters and read books that are already available in the classroom corner library, so that students before 6:45 a.m. have come.

#### 4. CONCLUSIONS

The process of implementing habituation methods in forming disciplinary character at SD Negeri Pagubugan Kulon 04 by applying character building from an early age, dressing neatly and checking the neatness of students in front of their respective classes, socialization with parents through social media and meetings when taking report cards, inserting character learning, making class rules. Efforts made to improve the character of discipline include: making and enforcing classroom rules for all students, enforcing order boards, holding discipline evaluations every morning, controlling and supervising, motivating, conducting socialization with parents both through social media and meeting when taking report cards

The impact of the implementation of habituation methods in shaping the character of discipline, namely the discipline of obeying discipline, time discipline and dress discipline. First, discipline obeys the rules of conduct, namely obeying all regulations that apply in the school and classroom environment. In addition, dress in full uniform as scheduled. Second, time discipline is to carry out dhuha prayer activities and dhuhr prayers in congregation on time and use lesson time as well as possible according to a predetermined schedule and literacy every day 15 minutes before entering class.

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