

DOMINANT PROFILE OF MIND SKILLS IN THE IMPLEMENTATION OF COUNSELING FOR GUIDANCE AND COUNSELING STATE UNIVERSITY OF YOGYAKARTA'S STUDENTS

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ABSTRACT

The success of a counseling service is closely related to the quality factor of a counselor's skills as a service provider. The skills of counselors in organizing counseling include communication skills, acting skills and thinking skills. Thinking skills, which are then called mind skills, are one of the skills that are not practiced much in a concrete way because of their limitations in terms of being measurable and observable. However, in the absence of mind skills, counselors are considered to have a greater tendency to provide incomplete counseling services. The existence of this relationship, it is important to know the dynamic profile of the mind skills of students of the Department of Guidance and Counseling, FIP UNY as an effort to provide learning services that are relevant to the expected graduate profile.

This research is a survey research with a cross-sectional survey design with an ex post-facto quantitative approach which is intended to determine the profile of the mind skills of students of the Guidance and Counseling Department, FIP UNY. This research will be conducted for 8 months, namely February to October 2020 by taking the research location in the Guidance and Counseling Department, Faculty of Education, YSU. The population of this research is the students of Guidance and Counseling from 2017 and the batch of 2018 totaling 114 students. The sampling technique used is proportionate random sampling. The data collection technique used a questionnaire in the form of a Mind skills scale. Proving the validity of the research questionnaire instrument was carried out by analyzing exploratory factors and expert judgment, while the estimation of the reliability used the Cronbach Alpha formula. The data analysis technique used quantitative descriptive statistical techniques. The results showed that: 1) the mind skills profile in the aspect of creating helpful regulations, the indicator of the ability to create realistic rules and the preferences of BK FIP UNY students scored 70.44% in the good category. Furthermore, the student's skills in managing the rules within himself had a score of 58.38% which was included in the sufficient category, (2) the profile of the ability to create self-talk which helped the FIP UNY Guidance and Counseling students with the descriptor having the ability to provide positive instruction to themselves, getting a score of 73 , 30% if interpreted into the sufficient category, (3) profiles create self-talk which helps FIP UNY Guidance and Counseling students with descriptors having the ability to give positive instructions to themselves, obtaining a score of 73.30% which when interpreted falls into the sufficient category, (4) the profile of the ability to create visual images that helps FIP UNY Guidance and Counseling students with descriptors having the ability to describe situations or stories as an effort to understand, obtaining a proxied score of 70.98% which falls into the good category, (5) the ability profile to create helpful explanations , the darkest indicator The student's choice in describing the reasons for the problem at hand obtained the highest score, namely 71.19% and entered the good category. Furthermore, in the ability to describe the reasons for the problems brought by the counselee, 66.99% of the slor is included in the sufficient category. Whereas in the ability to describe the reasons about the counselee getting the lowest score, namely 59.06%, it is in the sufficient category, and (6) the ability profile to create expectations that helps, the student skill indicator in describing the reasons for the problem being faced gets the lowest score compared to the indicator. another in the skill of creating hope to help, which is 70.83% in the good category. Furthermore, the indicator of the ability to describe the reasons for the problems brought by the counselee obtained a score of 77.26% in the good category. Meanwhile, the ability to describe the reasons about the counselee obtained a score of 74.63% in the good category. Overall, the mind skills profile of the FIP UNY Guidance and Counseling students is in the good category but needs to be optimized.

Kata Kunci: mind skills, guidance and counseling student, Counseling