




The Effectiveness of Youtube-Based Counseling Exercise to Increasing The Skills of Students in Guidance And Counseling Department

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Abstract. A growing trend in recent years is the use of technology in various fields. For example, there is increasing interest in reviewing the effectiveness of counseling services on video sharing and social media platforms such as YouTube. One of the aims of this research is to test the effectiveness of YouTube-based counseling in improving student skills in the guidance and counseling study program. The research method used in this research is quantitative research, especially experiments. This research was conducted on 360 students of the Guidance and Counseling Research Program at UIN Mahmud Yunus Batusangkar. The research sample consisted of 33 student. For data collection using a counseling skills test instrument, which consists of 50 questions. The research treatment of the sample was a counseling exercise based on YouTube media. The research design used was a single group pretest and post-test design. Data analysis used paired T test. Before carrying out the paired T test, normality and homogeneity tests are first carried out. The research results show the P value = 0.0001. This means that counseling exercises using YouTube media are effective in improving students' guidance and counseling skills. It is hoped that the counseling practice course will use YouTube as media.

Keywords: Youtube-Based Counseling, Guidance and Counseling, Skills

1 Introduction

Guidance and counseling as an integral part of educational services also cannot escape the touch of increasing the role of IT. In accordance with Ministry of National Education Regulation no. 22 of 2006 concerning content standards, counseling guidance is a forum for the student's self-development process where the counselor as a counseling guidance officer will help facilitate optimal student development [1]. The use of technology in counseling has become a growing trend in recent years. With the

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rise of social media and video sharing platforms, such as YouTube, there is increasing interest in exploring the effectiveness of these platforms in counseling, aiming to help students develop the skills and knowledge needed to succeed academically and personally. Several studies have explored the effectiveness of technology-based counseling in helping problems and improving students' skills, for example research [2] [3] [4] [5] [6] [7] [8] found that online counseling was effective in increasing academic success and student retention. Apart from online counseling [9] stated that YouTube-based counseling has also been explored as a potential tool for improving students' skills. Furthermore [10] states that the use of YouTube in the Project Based Learning model is considered very interesting and helps students to express their creativity in making videos to be uploaded. Students are trained to have life skills and 21st century skills by being assigned video making projects following the Project Based Learning syntax.

Part of the previous research on the effectiveness of technology-supported counseling is a study [11] which states that online counseling is highly effective in helping reduce anxiety and worry. Another study [12] aimed to determine the effectiveness of social media-based counseling on PHBS in the community and increase pro-PHBS behavior in the community. In addition, research [13] aims to determine the effectiveness of ECITE (Electronic Counseling In Telegram) to increase student self-efficacy. [14] His research is about Facebook-based counseling. Until there is online counseling to overcome bullying among young people [15] and online counseling in dealing with bullying among young people [16].

The studies above show that there is already a lot of research on technology-based counseling. The difference and uniqueness of this research is that this is the first time research is related to the effectiveness of YouTube-based online counseling. It is even equipped with a review of YouTube-based counseling in improving student skills.

2 Methods

2.1 Research Approach

Research uses a quantitative approach, especially experiments. Previously, the definition of a quantitative method is an approach in scientific research that uses quantitative data (in the form of numbers/statistics) as the main focus for answering research questions (Hamid & Prasetyowati, 2021; Anam et al., 2023), where as the experiment itself is a quantitative method involving manipulation of independent variables to measure their effect on the dependent variable [17]. Several previous studies that also used quantitative experimental research were (Apriyanti, 2017; Jamaludin, 2009; Osman, 2016; Silvianetri et al., 2022; Irman et al., 2021).

2.2 Population and Sample

The study population was students of the Guidance and Counseling Department of UIN Mahmud Yunus Batusangkar, totaling 360 population. The research sample is 33 student who are then given a counseling skills pretest.

2.3 Instrument, Data Collection and The Categorization of Student Counseling Skills

The research instrument used was a test of counseling skills, amounting to 50 items. This instrument is used to carry out pretests and posttests. Based on the test results, there are 5 categories of student counseling skills. The categorization of student counseling skills assessment is described in Table 1 below:

Table 1. The categorization of student counseling skills

Number	Correct Answer	Value	Category
1	41-50	82-100	Very High
2	31-40	62-80	High
3	21-30	42-60	Enough
4	11-20	22-40	Lack
5	1-10	2-20	Very Lack

Based on the results of the pretest and posttest of counseling skills, data analysis was carried out using the paired sample T test

2.4 Prerequisite Test

The research treatment given to the sample was counseling exercises based on YouTube media. The research design used was one group pretest-posttest design. Data analysis using paired T Test. Before the paired T test was carried out, the normality and homogeneity tests were first carried out. The results of the normality test are explained below in Table 2.

Table 2. Test of Normality

Group	Data	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	Df	Sig.	Statistic	df	Sig.
Experimental	Pretest	.163	64	.200*	.935	64	.320
	Posttest	.255	64	.090	.789	64	.083

Based on Table 2 above, the statistical value of the Shapiro Wilk test, pretest score in the experimental group, is with $p = 0.320$, and the posttest score is $p = 0.083$. It can be interpreted that the experimental group's pretest and posttest data followed a normal distribution ($p > 0.05$). When viewed as a whole, the pretest and posttest data of the experimental group met the assumptions that required the use of the planned statistical method.

Furthermore, the homogeneity test aims to determine whether the pretest and posttest data have the same variance. In other words, homogeneity means that the data set understudy has the same characteristics. This homogeneity is determined based on the value of Levene's test of homogeneity variance. The stipulation is that the variation in the counseling skill level score in each condition is declared homogeneous if Levene's test of homogeneity variance produces an insignificant p-value ($p > 0.05$). Based on the calculation with SPSS, the results are obtained as shown in Table 3 below.

Table 3. Test of Homogeneity of Variance

Data Group	Lavene Statistic	df1	df2	Sig.
Pretest	4.673	2	64	.085
Posttest	4.333	2	64	.062

Based on Table 3 above, it can be shown that the results of the homogeneity test of the experimental group variance with a pretest value of $p = 0.85$ and a posttest value of $p = 0.062$. It can be interpreted that the results of the pretest and posttest of the experimental group are homogeneous ($p > 0.05$). So that the pretest and posttest data meet the assumptions that are the requirements for using the planned statistical method.

3 Results and Discussion

3.1 The results

Based on the results of the pretest and posttest of counseling skills, data analysis was carried out using the paired sample T test. The result of Treatment counseling exercises based on YouTube media guidance and counseling given to guidance and counseling students department is explained in table 4 and table 5 below.

Table 4. Paired Sample T Test

Test	N	Mean	SD	SD Error
Pre	33	52	2,58	1,66
Post	33	76	3,77	1,975

In table 4 above, it can be seen that there is a difference in average points between the pretest and posttest results, the difference is 24 points. Next, the Paired sample correlation results are described in table 5 below.

Table 5. Paired Sample Correlation

Test	N	Correlation	Sig
Pre-post	33	0,72	0,000

In table 5 above, it can be seen that there is correlation the pretest and posttest is 0,72.

3.2 Discussion

Before discussing the research results. Counseling itself is an attempt to give help through the process of personal interaction between the counselor and the counselor with the goal of helping the counselor understand himself, his environment, make

decisions, and set goals, so that the counselor feels happy and behaves well or the counselor who switches from effective life to ineffective life [24]. In short, providing assistance to individuals in trouble [25]. The study aims to determine the effectiveness of YouTube-based counselling exercises in improving the skills of Guidance and Counselling Study Program students. The results showed a value of $P = 0.0001$ which indicates that YouTube media-based counselling exercises are effective in improving the skills of students of the Guidance and Counselling Department.

This research has important implications and is particularly suitable for the provision of counselling services, especially in situations where available resources are limited. [26].stated that in recent years, the use of technology in counselling has become a trend. This is in accordance with what is conveyed by [1] that counsellors strive to serve students in this technological era by utilising existing technology in order to also create a culture of technology-based professionalisation in counsellors. Even further [27] stated that not all counsellors have intense enough time to carry out counselling activities or processes, so IT-based professional and counselling services are expected to facilitate counsellors.

So researchers take advantage of the above by using social media and video sharing platforms such as YouTube, to increase student interest and explore the effectiveness of the platform in counseling service activities. So this research is finally known to be able to help students develop the skills and knowledge needed for academic and personal success.

Furthermore, regarding the use of YouTube-based counseling, namely YouTube-based counseling can give students access to counseling resources at any time and from anywhere [28] [29] [30]. Additionally, YouTube-based counseling can be more cost-effective than traditional counseling methods, as it does not require the use of physical resources or the presence of a counselor [31]. Because based on literature and research it is known that through experimental research "The Effectiveness of Youtube-Based Counseling Exercise to Increasing The Skills of Students in Guidance and Counseling Department" data will be revealed regarding the effectiveness of YouTube-based counseling exercises to improve the skills of students of the Guidance and Counseling Department.

Here are some of the advantages of YouTube-based counseling; 1) It can give students access to counseling resources at any time and from any location; 2) It is more cost-effective than traditional counseling methods, as it does not require the use of physical resources or the presence of a counselor; 3) It is an interesting technique to practice.

While the disadvantages of youtube-based counseling are; 1) This method is not suitable for all students, this is because some students may prefer face-to-face counseling; 2) Can be ineffective, for students who require more personalized counseling.

4 Conclusion

YouTube is one of the media used as a stimulus in carrying out counseling practices, because it is audio visual media. Research on counseling exercises based on YouTube media uses paired t test data analysis. The results paired t test showed that the value of $P = 0.0001$. This means that counseling exercises based on YouTube media are effective in improving the skills of Guidance and Counseling Department students. It is an interesting technique to practice. Based on the research results, it is suggested to students to be able to do counseling exercises using YouTube media to improve counseling skills.

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