KONSELING RELIGI

Exploring the Development of Bibliotherapy through Islamic Nuanced Comics for Self-Discipline Attitude

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Abstract

This study aims to determine the objective conditions of youth self-discipline, to find out the results of the material expert validation test and the results of the media validation test on the development of bibliotherapy media through Islamic nuance comics for self-discipline attitudes of teenagers and youth. This research uses a type of research and development or commonly referred to as R&D (Research and Development) using the Borg and Gall model until the 7 th stage. Data collection techniques in the form of assessment sheets. Data analysis uses qualitative and quantitative analysis. Based on the results of the expert assessment of the bibliotherapy media development meter through Islamic nuance comics produced a value of 95 with the criterion "Very Good", the results of the assessment of media experts produced a value of 127 with the criterion "Good". Thus, based on the assessments of the two validators above, the medium of bibliotherapy through islamic nuance comics for self-discipline attitudes for teenagers and youth in Pati, Central Java was declared feasible to use. This product has been shown to be effective in improving adolescent self-discipline in the process of self-development and character formation according to universal values.

Keywords: Bibliotherapy, Islamic Comics, Self-discipline

INTRODUCTION

The rapid development of information technology such as artificial intelligence and applied science as part of science has influenced and transformed human civilization to become more advanced. However, some of the effects of this era (post-

globalization) are also increasingly diverse. Generation Z phenomena that have special characteristics of being creative, techy (use and dependence on technology), and having a high level of literacy and mental health awareness are characteristic of this generation. On the other hand, the ease with which adolescents experience stress and depression and the increasingly extreme phenomenon of adolescent disability are also characteristic of generation Z. Moreover, issues related to self-discipline as a powerful element in shaping the character of resilient youth are also considered to have been significantly reduced.

The importance of youth and youth development programs that focus on self-discipline issues such as support groups, time management training, mentoring towards the formation and achievement of young people's achievements, and so on is one of the efforts to improve youth self-discipline. Moreover, self-discipline is a universal value that is one of the determinants of a person's success.

In the perspective of developmental psychology, adolescents have the uniqueness of character to grow and develop in dynamics (Juntika, 2009). One such dynamic is delayed, untimely behavior, and oppositional and subversive behavior. The root of such behavior is the low disciplinary behavior of each individual. Low self-selection in adolescents will have a significant impact on the personal, social, learning, career, and self-construction of individuals in environmental and educational aspects.

From a social and educational point of view, according to the law in the Indonesian state established in No. 20 in 2003 (Depdiknas, 2003), it is "National Education has a function as developing abilities and forming a dignified national character and civilization in order to educate the nation's life, aiming to develop the potential of students to become human beings who have faith and piety in God Almighty, have a noble character, healthy, knowledgeable, resubmitted, creative, independent, and become a democratic and responsible citizen". This the purpose of learning in a large scope is, something that has been planned or formed by certain things that can develop and create maturity in a person (Kadir, 2014).

The behavior of adolescents and youths associated with low self-discipline is also exacerbated by the COVID-19 pandemic condition, where every aspect of life becomes limited. Some experts even refer to the youth and youth of those years as a lost generation due to the lack of optimal guidance and direction of self-development due to

a habit of relaxing and not involving a lot of physical activity. In an educational setting, almost all schools use an online system. With this online learning system, obstacles and obstacles that are passed by all in the educational environment, just like teachers when providing material, must be in accordance with what happens. (Matdio, 2020). Self-disciplinary behavior is a complex problem for adolescents and their surroundings.

According to Muhibinsyah (2016) in his book, it is full and if it is replenished, it will be "too much". for example, when the glass is full of water when put in water again it will spill, as is the case with being saturated in learning, when given material or learning it will be easy to get bored quickly and undisciplined. When teenagers in learning activities have a feeling of boredom, what is explained by environment cannot be fully accepted by students. When teenagers experience boredom in activities, it is possible that their efforts are redundant because there is a feeling of boredom (Muhibinsyah, 2016). According to Azmi in the journal Mind Skills on the Counseling Process: A Study in The Cognitive Development of Neuroscience, In contrast to demanding or absolute regulations which means that the rules are rigid, absolute, and have no other choice but to be implemented. According to him, cognitive development is not recommended in a compulsion, it is expected that the teenagers themselves obey the rules without any sense of coercion from any party (Azmi, 2018).

As the Literary said that discipline is an enhanced application of his mind in the good by means of direction even a little coercion. (Sastrapraja, 1987). Subari also said that discipline is someone who is willing or willing in a regulation with self-awareness to achieve the objectives of a particular regulation. (Subari, 1994). Jawes Draver also suggests that discipline is controlling a behavior, both externally and individually. (Drever & Simanjuntak, 1986). Teenagers with the emotional conditions are very influential in determining discipline, for example when teenagers feel that they are experiencing stress or depression they will tend to be difficult to control and manage themselves. Consistent discipline is very important to achieve an ideal, because when disciplined teenagers will use time and opportunity to the fullest. According to Khilman Rofi' A in his book entitled Basic Concepts of Guidance and Counseling of Islamic Education (From Theory to Practice), the meaning of guidance is based on concepts, constructs, and programs is a process of providing assistance to a person to understand himself or herself, recognize the environment, and plan for the future. Guidance in understanding the student, intended to help the teenagers recognize the advantages and

disadvantages that exist in him. Guidance in order to get to know the environment is intended to help teenagers adjust to the elemental environment, economy, culture as well as the existing natural environment. Meanwhile, guidance in order to plan for the future is intended to help students think about and prepare themselves to continue to their careers in the future (Azmi, 2021).

Teenagers and youth with lack of discipline, they usually often doing procrastination and bad in the time management. The self-management of teenagers who lack discipline will make a bad impact of themselves, just as teenagers do not have time to hone their potential and abilities to hone, an attitude of discipline is highly recommended to be instilled early on. Efforts to prevent this attitude from the role of guidance and counseling in are very important, many counseling guidance media are used to overcome teenagers discipline problems and problems as before. The author will use the medium of bibliotherapy counseling guidance. Through this medium in reading can solve the problems of teenagers. Teenagers who have the intention to write and read fluently, it is possible that what is read will be applied directly in their lives. The problem experienced by group members is usually not much different, that is, the information to be reviewed together, and the follow-up information provided tends to be the same that will be used to draw up a plan to achieve the goals of a group, because such homogeneity can be concluded that group guidance has differences with group counseling. (Prayitno and Erman A, 2013).

This Bibliotherapy media is carried out interactively focusing on the interactive process between their peers and counselors will facilitate in the form of written material related to discussions in group guidance (Asep S, 2015). Juntika in her book also states, group guidance that a situation of assistance is carried out in groups through the exchange of thoughts and actions. Group guidance can be in the form of information delivery or group activities discussing carrier, work, personal and social issues (Juntika, 2009).

Bibliotherapy has a good influence to change its clients thinking ahead and not thinking about the past which can hinder forward thinking. By reading and understanding the book well, the message and impressions in the book will be conveyed well (Bradley T and Eford, 2016). Nabila. C argues in his journal "The Potential of Bibliotherapy in Reducing Anxiety Due to Hospitalization in School-Age Children"

ISSN 2338-4700), Bibliotherapy has three stages namely: identification, catharmony, and insight (Chairani, 2016). Empathy in Bibliotherapy is carried out through 4 stages, namely in the first stage is the identification stage, the identification in question is to identify the problems of learners for their empathetic behavior. Then in the second stage is the selection of reference or reference materials. References are used to provide for everything about the sympathetic and empathetic texts that learners live by. Then in the third stage is a presentation, students come together to formulate and support the meaning of what is read and understood which has to do with empathy ability. This last stage is the follow-up of the researcher in the results of the presentation that has been carried out. If in the group guidance process there are teenagers who encounter problems, it is undeniable that individual guidance is carried out to increase empathy in daily life (Rahayu & Sulaningsih, 2020). As explained in the Qur'an Surah An-Nahl verse 44,

بِالْبَيِّنَاتِ وَالزُّبُرِ ۗ وَأَنْزَلْنَا إِلَيْكَ الذِّكْرَ لِتُبَيِّنَ لِلنَّاسِ مَا نُزِّلَ إِلَيْهِمْ وَلَعَلَّهُمْ يَتَفَكَّرُونَ

Meaning: "We send down to you the Qur'an, that you may explain to mankind what you have passed down to them and that they may think." (Qur'an Surah An-Nahl in verse 44). The existence of the verse as described earlier, "explains to mankind about something that has been given to them so that they may think of it".

Having a definition of teenagers has an obligation to provide direction and guidance to teenagers when learning to provide lesson explanations that are understood by teenagers and explained *"We pass down the Qur'an to you"* has the meaning that the learning in it contains benefits for teenagers and youth. (The Qur'an, An-Nahl verse 44, The Qur'an and Translation, 1989).

If studied in greater depth, the relationship between reading the Quran and self-discipline appears to inspire the development of comic media as a means to raise awareness of life discipline in accordance with the example and anger of the Prophet SAW. Furthermore, the process of developing comic-media products must meet the elements of religious values so that it can have a significant impact on the formation of youth discipline and character.

There are several types of comics circulating in social media and print, for example, the first one, cartoons or caricatures whose appearance is only one display where in the picture is written, usually comics or caricatures are used for joking material to convey a story that is important or less important (entertainment). Caricatures are also used for subtle means of innuendo, so that the reader can understand the intent and purpose easily without having to ask the creator of the cartoon or caricature. The second is a comic strip, almost the same as a cartoon or caricature but comics tend to be used for entertainment or depicting a story that connects with previous works. For example, caricatures are only one look but comics have more than one look whose appearance has something to do with the previous look. The presentation of the story can also be explained in the form of jokes and humor. it can also be a story that is not funny or serious to captivate the reader. (Meyta Pritandhari, 2016).

Based on the various phenomena of self-discipline and the urgency of developing innovative products to enhance self-discipline, the author has implemented the process of developing Islamic-based comic products with scenarios and graphics that support raising life awareness of discipline comprehensively for adolescents.

Method

This research uses a type of research and development or what is called R&D (Research and Development) using the Borg and Gall model. Meanwhile, Gordon L Patzer in his book Sugiono stated that *"casual relationships are the hearth experiment"* with the meaning of connecting casual and causal is an important part of a series of studies. (Sugiono, 2019). As nana said in her book, research and development or can be called R&D are one of the stages to develop existing research products as they should be (Sukmadinata, 2005).

The steps in research and development in Borg and Gall theory up to the 10 stages are: (1) potential and problems, (2) data collection, (3) product design, (4) design validation, (5) design revision, (6) product trials, (7) product revisions, (8) Usage trials, (9) product revisions, (10) mass production (Sukmadinata, 2005). However, in this Islamic-nuanced comic media, researchers follow the Borg and Gall development method which has been simplified into 8 stages, namely: (1) potential and problems, (2) data collection, (3) product design, (4) design validation, (5) design revision, (6) product

trials, (7) product revisions, (8) effectiveness tests. This is simplified due to time constraints and constraints during the impact of the pandemic which does not allow to use the overall research and development model. Before the comic media is tested on students, material expert validation and media expert validation are carried out. Data collection techniques are in the form of questionnaires, and assessment sheets. In this product, 2 feasibility tests are carried out, namely material validation tests, and media experts. Data analysis uses qualitative and quantitative method analysis.

Discussion

The purpose of this study is to find out the self-discipline of teenagers and then improve it using bibliotherapy media through Islamic nuance comics, with results such as the following:

Data Collection : At the beginning of the research and development stage is to carry out activities to collect data when at the beginning. Research and data collection at the beginning are carried out for material material and analyze what is needed for research, adjusted to the preparation of the product to be developed. The material used in the research and development is self-discipline, because this material is about being precise with time in carrying out product trials in the field, self-discipline is material that is quite easy to learn.

Planning : This stage, it is then continued with the planning of Islamic counseling comics based on the conditions that occur within the scope of research, starting from planning various comic references, books, or journals related to career guidance teenagers. Researchers also choose designs, layouts, colors, stories that are in accordance with the characteristics of teenagers, as well as prepare evaluation materials in Islamic guidance and counseling comics that will be carried out.

Validity Test :In the normality test using and testing in normal or less normal variables. In normal terms it means having normal distribution properties, in the process of testing the normality of the data can use the Kolmogorov S test in the provisions when asymp. The > 0.05 on these results can then be said to be normal (Sujianto, 2009). The Validity Test in this study was tested on two validators, namely material validators and media validators. In this test, the material validation test and media validation test are tested using the help of the SPSS version 26 program

application. The validation results showed that the material test worth 95 with a percentage of 75% and the media validation test worth 127 with a percentage of 65% with the conclusion that Islamic nuanced comics could be used.

Normality Test : From the table, it can be seen from the results of the Kolmogorov-Smirnov normality test on conformity instrument data and reading interest showing a significance value of 0.161. the result of the value is greater than 0.05 which can be interpreted to mean that the data from the two instruments is distributed normally because the Sign value >0.05.

Table 1. Normality Test Results

One-Sample Kolmogorov-Smirnov Test		
		Unstandardized Residual
N		20
Normal Parameters [a, b]	Mean	.0000000
	Std. Deviation	.73930325
Most Extreme	Absolute	.164
	Positive	.164
Differences	Negative	-.126
Test Statistic		.164
Asymp. Sig. (2-tailed)		.161[c]

Table 2. Homogeneity Test Results

Test of Homogeneity of Variances				
	Levene Statistic	df1	df2	Sig.
Sesudah membaca	1.902	1	18	.182

From the table, it can be seen from the results of the Kolmogorov-Smirnov normality test on conformity instrument data and reading interest showing a significance value of 0.161. the result of the value is greater than 0.05 which can be

interpreted to mean that the data from the two instruments is distributed normally because the Sign value > 0.05.

Table 3. T Test Results

Paired Samples Statistics							
Paired Differences							
Mean	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)	
		Lower	Upper				
-15.90000	1.26886	-18.55575	-13.24425	-12.531	19	.000	

From the table it is explained that the result of the scale of its significance amounted to 0. 000. The significance value of <0.05 then, it can be concluded that the distribution of the data is said to have a difference between before and after reading the Comic. So that there is an influence between Islamic nuanced comics on the self-discipline of teenagers.

Based on some results and data analysis descriptions, it can be said that the end product of media development can be used by some teenagers with satisfactory results. In this case, satisfactory can be defined as good use of media that proved effective for the subject of research, which can improve self-discipline significantly.

The process of developing Islamic-nuanced comic media is carried out according to the needs of potential users, the teenagers. In the initial process before media development, a need assessment has been carried out to see how important it is if media and products are to be developed. The need assessment results show that teenagers and parents need a unique medium that is in line with the evolution of comic books. The next step is to start producing a product that focuses on the content and display of the Islamic comic book.

Content development process

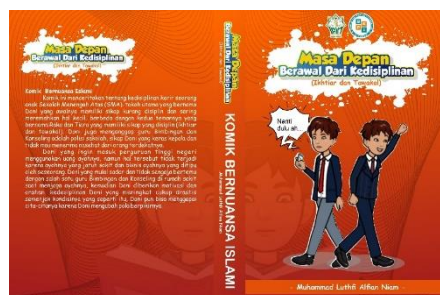The process of developing Islamic comic content is carried out in several stages.

a. Doing mini-research related to examples and best practices of core stories in comics
   It's done to get inspiration to make the best scenarios in comics. The author carried out various studies by blending elements of the story line from the Arab, Japanese, and Indonesian languages. It's aimed at perfecting a powerful story line so teenagers can understand the comic message in depth.

b. The writer begins to synthesize by choosing roles and characters that match the purpose of the Islamic comic book.

c. The author consulted experts such as community figures, teachers, lecturers, and teenagers to get a better picture of the comic book.

d. The author performs revisions and various improvements to the content of Islamic comics so that he can get the best story line for this product.

Display Development Process

As explained in the previous material, in comics there are components to complement a product as below:

Comic Cover : The cover on the bibliotherapy media development product through Islamic nuance comics for self-discipline attitudes is from three types of covers, namely the front cover, back cover, and inner cover.

Figure 1. Comic Front and Back Cover

Comic design: The comic was created using a computer application, namely Corel Draw 2021. The design of the comic is adjusted to the comic story, after the comic story is over, the author will design the comic as a whole.

Pages: Pages are used to make it easier for readers to find out the page numbers that have been read, the page numbers are usually placed in the lower middle of the comic layout.

Material : The comic material is about stories taken from problems in schools. The material contains several contents regarding experience, discipline, patience and so on. The material is made with the needs of students, so that the discipline of students can increase significantly.

Iniatial Part : Initial part in the Islamic-nuanced comic contains the benefits or benefits that are included in the story and design.

The Effectiveness of Product

Based on the results of the research above that has been carried out by researchers on 20 teenagers Pati, Central Java regarding the influence of the development of bibliotherapy media through Islamic nuance comics as follows:

(a) In the validity test, the validation results show that the material test worth 95 with a percentage of 75% and the media validation test worth 127 with a percentage of 65% with the conclusion that Islamic nuanced comics can be used. In processing data, researchers use the help of the SPSS version 26 program application; (b) The results of the homogeneity test conducted on student respondent data using IBM SPSS Statistics 26 obtained results whose significance was 0.185. It can be analyzed the significance results are 0.185 > 0.05. The homogeneity test gave some results from students before and after reading the comic was homogeneous or there was no significant difference with student A and student B to be compared. After these results are known to be significant, the next stage can be done; (c) Field trials are carried out when the validation test has been revised by the researcher who stated that the comic has been effectively used, then the field product trial process. Field trials were conducted from April 4 to April 14, 2022, with 3x meetings. The field trial was carried out at some are in Pati regency, Central Java with a total of 20 teenagers; (d) It can be seen from the results of

the Kolmogorov-Smirnov normality test on the conformity instrument data and reading interest showing a significance value of 0.167. the result of the value is more than 0.05 which can be interpreted to mean that the data from the two instruments is distributed normally because the Sign value >0.05. Then the data can be said to be normal (e) The average score of posttest reading Islamic-nuanced disciplinary comics is 45.75 higher than the average score before reading Islamic-nuanced disciplinary comics which averaged 29.85. So it can be concluded that there is a significant difference in the results of reading Islamic-nuanced disciplinary comics from teenagers . This shows that the product of using bibliotherapy media using disciplinary comics (self-discipline) with Islamic nuances is a product declared effective and feasible, which is based on the process that has been carried out starting from product development to field trials, because it is proven to be able to improve the Self Discipline of teenagers in Pati, with initially before reading Islamic nuance comics the value is 29.85 then after reading comic comics Islamic nuances rose significantly to 45.75.

In the study, the guidance that the group carried out in the research process was quite good. The existence of this group guidance makes it easier for teenagers to understand about discipline in achieving their careers of life. The study also used bibliotherapy media or reading therapy in the form of Islamic-nuanced comics taken from case stories in some area of Pati. The counseling guidance comic is used by teachers to motivate teenagers to learn to be more disciplined, the Islamic nuanced comic can also be used for variations in teaching and learning by counselor or Islamic counselors. The existence of Islamic-nuanced comics is that teenagers become more self-disciplined than before as well as the data presented in the previous paragraph.

The importance of self-discipline became one of the inspirations for developing this Islamic comic book. Discipline is proven to be enhanced with indicators to control the behavior of the inner self after receiving stimulus from the outside. It is consistent with the concepts and discipline theory of Jawes Draver, which also suggests that discipline is controlling a behavior, both externally and individually. (Drever & Simanjuntak, 1986). In addition, through the data analysis process to test the effectiveness of this Islamic comic book, it turns out the results have supported a variety of the latest research related to bibliotherapy.

Furthermore, the implementation process of bibliotherapy and the outcome are in accordance with the concept that has been presented by bibliotherapists, as in the following quote: "This bibliotherapy media is carried out interactively, focusing on the interactive process between their peers and counselors, which they will facilitate in the form of written material related to discussions in group guidance" (Asep S, 2015). In the end, the entire media development process, from the process of preparation, revision, and validity testing to the effectiveness of this media bibliotherapy, has been in line with the need and purpose of writing this paper. It has also been justified if this product can be beneficial and needs wider dissemination for teenagers and parties concerned with self-discipline.

Conclusion

The development of bibliotherapy media products through Islamic-nuanced comics for adolescents has gone through a variety of scientific and systematic processes and steps to be scientifically accountable. Based on the results that have been explained by researchers through data processing with the help of the SPSS application program version 26, this study states that in the results of using a t-test before reading Islamic nuanced comics 29.85 and after reading Islamic nuance comics of 45.75 of these results, obtained by a student questionnaire with a number of 20 people, it can be concluded that the product can be used as it should be. This product has been shown to be effective in improving adolescent self-discipline in the process of self-development and character formation according to universal values. Nevertheless, the author understands if there are some limitations that can be improved with input and suggestions, such as the addition of subjects, the completion of 10 steps of product development, and wider dissemination.

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