



THE PROSOCIAL CONDUCT OF SMP MUHAMMADIYAH 2 STUDENTS: THE EFFICACY OF THE CINEMATHERAPY METHOD

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ABSTRACT:

The decreasing prosocial behavior among teenagers, especially students at school, which includes sharing, helping, honesty, cooperation, to respecting the rights and welfare of others, also occurs during this COVID-19 pandemic and post-pandemic. Anticipating this, of course, requires an action that can directly impact students in schools. This research aims to test the effectiveness of the cinematherapy method on students' prosocial behavior. The experimental research design used by the researcher was a posttest-only control group design with a total of 42 students consisting of 22 students in the experimental group and 20 students in the control group. The results of the independent sample t-test analysis showed that there was a significant difference where $t = 1.795$ and $\text{Sig.} = 0.040$ (1 tail), which means $p < 0.05$. This finding shows a significant difference in prosocial behavior between the experimental and control groups. Prosocial behavior in the experimental group that received the Cinematherapy treatment (mean = 143.64) was higher than the control group (mean = 138.05).

Keywords: Prosocial Behavior, Video Media, Cinematherapy

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1. INTRODUCTION

The Republic of Indonesia, with its status as one of the countries with the largest population in the world, certainly has high hopes for a bright future for the nation. The dream of becoming a big goose must undoubtedly align with the formation of quality human resources, be it from a physical or mental health perspective (Sunjaya & Ardiansyah, 2021). The cultural or daily traits of the people in this country can indicate a healthy mind. Indonesia is ranked 8th out of 46 countries with the friendliest country level, according to a survey conducted by Expat Insider in 2019 (Kumparan, 2020). Various regions throughout Indonesia also reflect social care behavior during the pandemic. According to reports, these locations aided impacted communities throughout the epidemic by giving the community a variety of voluntary donations (KEMENKO PMK, 2020). Cooperation in a caring and friendly society shows positive social-cultural behavior in the Republic of Indonesia, which is still maintained.

Behaviors with positive nuances ranging from friendly and fond of selfless help are closely related to prosocial behavior. *Prosocial* is helping others that are positive, constructive, and contrary to antisocial behavior (Myers, 2012). Prosocial can also be defined as actions carried out by individuals to provide help and benefits to others or groups without wanting reciprocity (Greenberg et al., 2015). Helpful behavior carried out without expecting appreciation or approval of actions from others is also the definition of prosocial (Christ & Kauff, 2019).

The nation's next generation, not exempt from the different threats of falling prosocial behavior, must be encouraged and supported in maintaining prosocial behavior. The Data Bank of the Child Protection Commission (KPAI) noted that in 2020 there was an increase in cases of violence, brawls, and bullying from the beginning of 2016, there were a total of 427 cases, but in 2020 it increased to total of 1567 cases (KPAI, 2020). Crimes that occur in cyberspace during the pandemic also turn out to threaten children during online activities (Kompas.com, 2020). It is essential to plan for specific behavioral issues (KPAI, 2020).

A survey conducted in 2014 at one of the private vocational schools in Sidoarjo also showed a subjugation of prosocial behavior (Cahyaningroom, 2015). Students at one of the Mojokerto Vocational Schools also showed low prosocial behavior, as indicated by indifferent actions between groups in the school environment (Khotim & Setiawati, 2014). The results of observations at one of the junior high schools in Sidoarjo also showed a lack of prosocial behavior with the existence of circumstances in the form of student indifference to their friends who asked for help; up to 60% of the 120 students felt less sensitive to their friends (Wibawani & Nuryono, 2017). According to data that have come to light, Indonesian children and students are threatened by a loss in prosocial conduct, described as a trait shared by the entire Indonesian population.

Naturally, SMP Muhammadiyah 2 Surabaya must also put its prosocial behavior into practice. There are various signs of a decline in student prosocial conduct, including inappropriate language between friends and reluctance among students to cooperate in certain situations, such as completing schoolwork, sharing internet data, or lending stationery to friends. When asked to choose group members, students choose their cliques to do assignments. Students also carry out cheating when doing assignments or on exam opportunities (Rifaldy, interview, January 24, 2022).

The media's use of behavioral role models to promote prosocial conduct can also help. (Dayakisni & Hudaniah, 2015). Video media can be used for individuals or groups to learn the model of a desired behavior (Martin & Pear, 2019). Video as a medium to watch is also proven for students to feel related to the informational material provided in the video (Kevin, 2018).

Cinematherapy packaging can help film media more successfully and enticingly disseminate information regarding altruistic attitudes similar to prosocial attitudes (Maretha et al., 2020). The combination of audiovisual presentation that presents a combination of visual memory and audio in film through cinematherapy can also convey information more effectively (Azhar, 2016). Cinematherapy can also provide a benefit in the form of experiences on the cognitive and affective sides (Ode et al., 2018). *Cinematherapy* is a creative therapy where the therapist uses movies as a therapeutic tool to convey prosocial knowledge to a person or group (Sulistiyowati & Setiawati, 2016). It is essential to know the effectiveness of cinematherapy in providing treatment to improve. Adolescent pupils' prosocial behavior is said to be improved by real-life prosocial activity.

2. RESEARCH METHODS

This study used *true experimental*, namely *Posttest Only Control Group Design*; this design was chosen because it wanted to know the difference between the group that was given the intervention and the one that was not. The following is an illustration of the experimental research design:

Table 1. Posttest Experimental Only Control Group Design

<i>R</i>	<i>X</i>	<i>O₁</i>
<i>R</i>	-	<i>O₂</i>

Information

R = Group Randomization Procedure

X = Giving to the Experiment Group

O₁ = Effect of Treatment on Experimental Group

X = Effect of Treatment on the Control Group

The population in this study was all grade VIII students of SMP Muhammadiyah 2 Surabaya City for the 2021-2022 school year totaling 205 students. The findings of earlier interviews with the counseling teachers served as the basis for this study's location selection. Since this study would have a control and experimental group, the sampling procedure was carried out using the cluster random sampling methodology. After conducting a draw, class VIII D acquired 28 individuals, and class VIII E obtained 29. The members were drawn again from the two classes obtained to be determined into an experimental group and a control group. Although the data above shows that the total samples from the two classes were 57, some students were absent in the experimental process, resulting in a total sample of 42 students. The experimental group was 22, and the control group was 20.

Researchers used a data collection method in the form of a prosocial behavior scale. Scale itself before being distributed to students. An item discrimination test and reliability test were carried out using the SPSS for Windows software, which finally obtained 38 items ready for use as a prosocial behavior scale. Researchers also used the Normality Test where Kolmogorov Smirnov = 0.103 and Sig. = 0.201 ($p > 0.05$) were obtained, which means that the prosocial scale test data to the sample met the normal distribution. The Homogeneity Test of variance, in addition, also obtained results where Levene's $F = 2.926$ and Sig. = 0.095 ($p > 0.05$) means prosocial behavior between the experimental and homogeneous control groups.

3. RESULTS AND DISCUSSION

The cinematherapy method carried out in this study was carried out and divided into three different meetings in 1 week. The treatment of the cinematherapy method by the students themselves is carried out for 90 minutes, which means it takes two subjects in one meeting at SMP Muhammadiyah 2 Surabaya City. The process of cinematherapy method itself consists of a relaxation process guided by the trainer, the process of media viewing, the process of filling in the matrix, and discussion afterward. The video media or film that was screened to the experimental group itself consisted of the films "Final Exam," "Changed," and "It Turned Out."

Giving the experimental group treatment using the cinematherapy method resulted in various outcomes, from the relaxation process that occasionally caused the students to lose focus to the emergence of different reactions that appeared suddenly when several experimental group members watched the movie. The reactions that arise are related to various scenes in the film ranging from verbal reactions to nonverbal reactions of the students. The end of meeting itself ended with the division of the prosocial behavior scale into both the experimental and the control groups.

The students' passion and engagement throughout the debate and the film's screening came after the cinematherapy approach. The scale of behavior that has been given to two different groups is re-categorized into the following.

Table 2. Prosocial Behavior Level Data After Cinematherapy Treatment

Category	Score Range	Experimental Group		Control Group	
		Frequency	Percentage	Frequency	Percentage
Very High	152 – 190	7	32%	0	0%
High	127 – 151	14	64%	20	100%
Average	101 - 126	1	5%	0	0%
Low	76 – 100	0	0%	0	0%
Very Low	38 – 75	0	0%	0	0%
Total		22	100%	20	100%

The table above compares the prosocial scale of the para findings between the experimental group receiving cinematherapy treatment and the control group receiving no treatment. The categorization shows that students do not own the Very Low and Low scores either from the experimental or the control group. Only one student in the experimental group belonged to the temporary medium category, but none were in the control group. In the control group, 20 pupils owned high categorization, whereas only 14 students did so in the experimental group. The experimental group ultimately dominated the Very High Categorization, with seven students in this category. In contrast, in the control group, there were none at all.

The results of this categorization show that all students in both the experimental group and the control group did not have a low prosocial level. However, the prosocial results with the Very High category that were owned more by the experimental group showed a difference between the influence of giving the cinematherapy method.

Then, a control group was not given any treatment. Researchers also conducted interviews with several of the study's participants, including MR, KA, and IY, to learn more about their perspectives on sharing, assisting, respecting, and caring for others' rights and welfare after undergoing cinematherapy treatment.

The various activities described above reflect the emergence of a new understanding of prosocial behavior among adolescents. The *modeling* process that is the theoretical basis of this research also has a process. Bandura explained that in the process, there are four actions in which an individual can succeed in motivating himself, namely the process of Attention, Retention, Reproduction, and Motivation (Nabavi, 2012) to act as modeled on him.

Modeling in the process also has a neural process that underlies how humans perform imitations called mirrors neurons, where *mirrors neurons* will provide longer memories so that an individual will think about whether the action can be applied longer and develop or not reapplied (Meltzoff & Williamson, 2017).

The results of the *independent sample t-test* analysis showed the findings of a significant difference where obtained $t = 1.795$ and $\text{Sig.} = 0.040$ (1 head), which means $p < 0.05$. These findings suggest there are significant differences in prosocial behavior between the experimental group and the control group. Prosocial behavior the experimental group that obtained the *Cinematherapy* treatment (mean = 143.64) was higher than the control group (mean = 138.05). As a result, the hypothesis "Prosocial Behavior of Class VIII Students of SMP Muhammadiyah 2 Surabaya City who acquired the cinematherapy method is higher than the group who did not obtain the cinematherapy method" is accepted.

4. CONCLUSION

This study found that cinematherapy is effective against students' prosocial behavior. The difference in prosocial behavior between the two groups reflects this, with one group receiving cinematherapy having higher levels of prosocial activity than the other group not receiving any treatment. The modeling process or imitation learned by students as research subjects starts from the attention stage, followed by the process of Retention, Reproduction to Motivation, where new knowledge received by students can be well understood through video media or film impressions applied to this cinematherapy method. Another research finding that needs to be presented is the distribution of data on the level of prosocial behavior following the administration of cinematherapy treatment in the experimental group. This revealed the absence of subjects with deficient levels of prosocial behavior. Even the subjects in the experimental group are in the majority at the High and Very High levels, which further supports the influence of the cinematherapy method on prosocial behavior. This research and its results can be a reference for interested parties in the world of education and educational psychology services so that they can be a reference in the decision-making process. This research process could be better, so input and suggestions are needed to obtain maximum results.

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