

## The development of *lulo* creation dance to improve students' social skills

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(Received: 07-August-2019; Reviewed: 20-November-2019; Accepted: 22-December-2019; published: 29-December-

**Abstract:** This research aims to find out (1) the description of needs toward the model of *Lulo* dance of Southeast Sulawesi to improve students' social skills and (2) utility, feasibility, and accuracy in the model of *Lulo* dance of Southeast Sulawesi to improve students' social skills. This research applied the development research proposed by Borg & Gall. Small group testing was conducted to 12 students. Data collection technique used in this research was interview and social skill scale. This research employed descriptive statistic and qualitative descriptive analysis. The results point out that (1) students were indicated to have low social skills, so school counselors need social guidance and counseling services so that the video-based model of *Lulo* dance of Southeast Sulawesi was developed to improve students' social skills (2) the validation test with 3 (three) experts shows that utility, feasibility, and accuracy in the model of *Lulo* dance of Southeast Sulawesi based on video were suitable to improve students' social skills. The observation result from the limited group explained that the model of *Lulo* dance of Southeast Sulawesi could be accepted well by the students.

**Keywords:** Video; School Counselors' Services; Traditional Dance; *Lulo* Dance; Social Skills

**Abstrak:** Penelitian ini bertujuan untuk mengetahui (1) gambaran kebutuhan tentang model tarian Lulo khas Sulawesi Tenggara untuk meningkatkan keterampilan sosial siswa. (2) Kegunaan (*utility*), kelayakan (*Feasibility*), dan ketepatan (*Accurasy*) model tarian Lulo khas Sulawesi Tenggara untuk meningkatkan keterampilan sosial siswa. Penelitian ini merupakan penelitian pengembangan Borg & Gall. Uji Coba Kelompok kecil pada 12 siswa. Teknik pengumpulan data menggunakan wawancara dan skala keterampilan sosial. Penelitian ini menggunakan analisis statistic deskriptif dan deskriptif kualitatif. Hasil penelitian menunjukkan (1) siswa terindikasi memiliki keterampilan sosial yang rendah sehingga guru BK memerlukan model layanan bimbingan dan konseling sosial sehingga dikembangkan model tarian Lulo khas Sulawesi Tenggara berbasis video untuk meningkatkan keterampilan sosial siswa. (2) berdasarkan uji validasi 3 (tiga) orang ahli bahwa kegunaan (*utility*), kelayakan (*Feasibility*), dan ketepatan (*Accurasy*) model tarian Lulo khas Sulawesi Tenggara berbasis video dinilai baik untuk meningkatkan keterampilan sosial siswa. Berdasarkan hasil observasi pada kelompok terbatas juga menjelaskan bahwa model tarian Lulo khas Sulawesi Tenggara dapat diterima dengan baik oleh siswa.

**Kata kunci:** Video; Layanan BK; Tarian Tradisional; Tarian Lulo; Keterampilan Sosial



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## INTRODUCTION

Senior high school students are in the middle stage of adolescent development that own developmental tasks and perform the attitude and social behaviors such as being responsible, actively participating in social activities, expanding their social relations with their friends, and being able to work in group (Putro, 2017). Minsih (2016) also stated that a student is an individual that carries good potentials which need to be grown. One of the developmental tasks of students is interaction ability with their environment, and this also can lead them to have good social skills. Social skills deal with the ability of self-expression in social interaction, understand various social conditions, and solve problems connected to the interpersonal relationship (Riggio & Reichard, 2008). Lynch & Simpson (2010) explained that social skills are behaviors that involve the positive interaction with other students in environment. Some of these behaviors are empathy, participation in group activities, communication, and problem solving (Dollar et al., 2018; Sommerfeld et al., 2019; Yamada et al., 2019).

Social skills are behaviors learnt in order to give an individual the skills to interact each other and to avoid deviance (Agran, Hughes, Thoma, & Scott, 2016; Davies, Cooper, Kettler & Elliott, 2015). Improving these skills can help someone build a better relationship (Gokel & Dagli, 2017).

Based on the results summarized from prior researches by Kasim (2017) traditional games in Bugis-Makassar can improve students' social skills especially in developing their positive behaviors such as empathy, cooperation, responsibility, and discipline. This statement is also strengthened by the research written by Hadi, Sinring, & Aryani (2018). They stated that a positive impact found significantly toward traditional games is the improvement of students' social skills. Based on these results, students are expected to grow their social skills in order to make them feel comfortable in their environment because low social skills bring them some difficulties to develop their social skills.

SMA Negeri 1 Unaha located in Southeast Sulawesi has cultural richness which is full of meaning and moral lessons, and one of which is *Lulo* dance. *Lulo* dance Tarimana (1989) is a traditional dance demonstrated by a

mass group of people in a circle. *Lulo* dance is the implementation of a view and life philosophy of Tolaki people that adhere to united life (cooperation/*meduu-dulu*), obey the leader, polite to others, and respect each other (Niampe et al., 2017).

Beside some values previously mentioned, *Lulo* dance also has other ethical values that contain moral lessons such as social ethics (*petoono*), harmony (*medudulu*) and togetherness (*meronga-ronga*), and respect among humans (*momboonaako*). Similar with togetherness aspect, one of life traditions existed in Tolaki locals is mutual cooperation also known as *samaturu*, *medulu ronga mepokoaso* which means that Tolaki locals live their own lives and play their own roles to make them always unite, cooperate, and help each other (Niampe et al., 2017).

Dancing is a psychosocial tool for the development of children, and dancing also can make them understand more about themselves and the world where they live in (Rahmawati, Wibowo & Lestari, 2018; Lakes et al., 2016; Cheriére et al., 2019). Traditional dance can guarantee someone's social skills and independence. Teaching social skills to kids is claimed as the most positive method of therapy (Masadis et al., 2019).

Based on the assessment result with the school counselor and students at SMA Negeri 1 Unaha, they need more interesting media for social guidance and counseling service. All this time, the school counselor only applied the conventional media, such as speech, in the class, and it causes boredom to the students to follow or join the counseling service provided. One of the media that can be implemented to attract the students' interest is video, and this also can help teachers give individual and social service. Video is one of the media that can be used because it can give more advantages such as to make students more interested and, moreover, students tend to like things related to visual activities (Bakhtiar, 2015).

The development of this model can attract the students to join the service provided by the school counselor. Kasim (2017) explained that traditional games can help students improve their social skills because that model can make students more focused on joining the guidance service. As stated in the preliminary researches, culture that is full of moral values can be developed as the media of guidance and counseling service, and *Lulo* dance can be one

of the model that then is developed as the video-based media.

## METHOD

This is a research and development study. The development model employed in this research refers to the model proposed by Borg & Gall (2003).

Steps of this developments research are: (1) Preliminary research and information collection; (2) The development planning; (3) The development of preliminary form of product; (4) Preliminary field testing through manual/experts' validation; (5) Main product revision; (6) Small group testing; (7) Revision II.

The instruments applied were social skill scale, acceptability scale to test utility, feasibility, and accuracy, and the observation guidelines to measure students' acceptability. The sample was selected using purposive sampling technique. After given social skill scales, 12 students were identified to have low social skills. Moreover, the analysis used is descriptive statistical analysis and qualitative descriptive analysis.

## RESULTS AND DESCUSSION

### 1. Description of the needs toward the service model to improve students' social skills

The activity series in the development of the model of *Lulo* dance of Southeast Sulawesi started with the assessment of needs. This was done to find out the preliminary description of the service implementation at schools and especially the obstacles experienced by the school counselors related to the social service provided. The assessment of needs was implemented using 2 instruments of data collection, such as interview and social skill scale of Riggio & Reichard. Interview with school counselors and social skill scale to identify the stage of students' social skills with the result obtained shows that MIPA 1 with 28 students obtained 64,3% as the result in high categorization and 35,7% in low categorization of students' social skills. On the other hand, MIPA 2 with 28 students obtained 39,3% as the result in high categorization and 60,7% in low categorization of students' social skills. MIPA 3 with 30 students obtained 25% as the result in high categorization and 75% in low categorization of students' social class.

Based on the interview result with the school counselor and students, guidance and counseling service is still limited to the classical service such as speech and sharing. It needs new media that can make the school counselor easier to attract the students in joining the certain services. The previous research focusing on media optimalization in guidance and counseling service Prasetiawan (2017); Anisah (2016) explained that media can help school counselors apply the concept or idea and motivate students to be more active and think critical. Video made is the model of *Lulo* dance of Southeast Sulawesi that then is expected to be an effective and efficient tool to the school counselors to improve students' social skills. Using dance as the media of guidance and counseling service previously has been conducted by Sholihah (2017); Salsabiela & Usrek (2018) that explained counseling as a combination between science and art. The therapy of art is one of the alternatives that can be applied as a solution to the method of counseling process, and one of the art methods that can be done is dancing.

Related to the analysis of needs that has been conducted, collecting information had to be done before making the model of *Lulo* dance of Southeast Sulawesi. The information gathered is such as students' characteristic and literary study regarding the model of *Lulo* dance, that then is formulated in problem statements, with literary study and the assessment of needs to find out the students' needs about the area to implement the model. It is expected to have a model of *Lulo* dance of Southeast Sulawesi based on strong theoretical framework and a good implementation chance.

### 2. Utility, feasibility, and accuracy of the video-based media of *Lulo* creation to improve students' social skills at SMA Negeri 1 Unaaha.

The model developed is a guidance and counseling service that use the model of *Lulo* dance of Southeast Sulawesi completed with *Lulo* dance video and guideline book for the school counselor at school. The guideline for the school counselor consists of the steps how to implement the model of *Lulo* dance of Southeast Sulawesi that have been also completed with guidance service planning (RPL) and theories as the materials.

Feasibility of the model and guideline book were validated by the experts using

acceptability scale with test indicators such as utility, feasibility and accuracy as the guidance and counseling media. Expert validation of this model is done through the consideration and judgment taken from 3 experts in the field of

guidance and counseling, such as dance experts and practitioners of guidance and counseling. Hence, table 1 below shows the assessment of the utility test.

**Table 1.** The Assessment Result of the Utility Test of the Model of *Lulo* Dance of Southeast Sulawesi and the Guideline Book by the Expert 1, 2, and 3

Statement	Usability			Total	%	Explanation
	Expert 1	Expert 2	Expert 3			
1	3	4	4	11	91.67	Totally Agree
2	3	4	4	11	91.67	Totally Agree
3	3	4	3	10	83.33	Totally Agree
4	3	3	4	10	83.33	Totally Agree
5	4	4	4	12	100	Totally Agree
Total	16	19	19	54		
%	80	95	95		90	Totally Agree

Based on table 1, it can be drawn that the result of the utility test from three experts in judging the model of *Lulo* dance of Southeast Sulawesi and the practical guide has good utility, so this model can be applied as the media for the school counselors at schools to help students improve their social skills. Related to the prior researches written by Rahmawati

(2019) she concluded that *Lulo* dance contains the principal that also becomes part of school curriculum because it can make them think, care, sense, and exercise. These are full with positive values like unite, appreciate, and uphold the norms and regulations. Hence, the indicator of the feasibility test is shown in table 2.

**Table 2.** The Result of Feasibility Test of the Model of *Lulo* Dance of Southeast Sulawesi and the Guideline Book by Expert 1, 2, and 3

Statement	Usability			Total	%	Explanation
	Expert 1	Expert 2	Expert 3			
1	3	4	4	11	91,67	Totally have
2	4	4	4	12	100	Totally have
3	3	4	4	11	91,67	Totally have
4	3	3	4	10	83,33	Totally have
5	3	4	3	10	83,33	Totally have
6	3	3	4	10	83,33	Totally have
Total	19	22	23	64		
%	79,17	91,67	95,83		88,88	Totally have

Based on table 2, the conclusion drawn shows that the feasibility result from three experts in judging the model of *Lulo* dance of Southeast Sulawesi and its practical guide has good feasibility, so it can become the media for

the school counselors at schools and help students improve their social skills. Hence, the indicator of accuracy test is shown in table 3.

Table 3. The Assessment Result of the Accuracy Test of the Model of *Lulo Dance* of Southeast Sulawesi and the Guideline Book by the Expert 1, 2, and 3

Statement	Usability			Total	%	Explanation
	Expert 1	Expert 2	Expert3			
1	4	4	3	11	91,67	Totally suitable
2	3	4	4	11	91,67	Totally suitable
3	3	4	4	11	91,67	Totally suitable
4	3	4	4	11	91,67	Totally suitable
5	4	4	4	12	100	Totally suitable
Total	17	20	19	56		
%	85	100	95		93,33	Totally suitable

Based on table 3, the conclusion drawn from the accuracy test from these three experts shows that the model of *Lulo* dance of Southeast Sulawesi and its practical guide has good accuracy, so it can be suitable to become the media for school counselors to help students improve their social skills. Related to the previous research, the model of *Lulo* dance of Southeast Sulawesi has steps and movements which own meaning in the aspects of social skills such as cooperation, relations, responsibility, empathy, and self-control (Jaya, 2016; Estevan & Barnet, 2018).

Based on the content validation of the model of *Lulo* dance of Southeast Sulawesi, the conclusion shows that all indicators in the manual and guideline book of *Lulo* dance of Southeast Sulawesi judged by counseling experts, dance experts, and counseling practitioner as the validators have adequate conceptual feasibility. Expert validation was conducted by testing the model validity developed by three experts to determine the model validity covering utility, feasibility, and accuracy through *Lulo* dance of Southeast Sulawesi.

In general, the result obtained from the validation process done by the three experts point out that the validators concluded that the model of *Lulo* dance of Southeast Sulawesi is easily applicable in the school, so the model is deserved to try out in the field. However, the model and the guideline book still need some revisions and improvements as the suggestion given to make the model and guideline book better. This is viewed and concluded based on the result of validation scale judged by three experts. The result of validation test conducted becomes the revision material for the model and guideline book before tested to the field directly

Moreover, the process of small group testing was done to find out the acceptability of the model of *Lulo* dance of Southeast Sulawesi to improve students' social skills. Based on the observation done to 12 students as the users of the model of *Lulo* dance of Southeast Sulawesi, it can be concluded that the video-based model can train the students to improve their social skills, namely cooperate, respect each other, and be able to interact with others. These also have been presented as the moral values found in *Lulo* dance, especially guidance and counseling service they obtain at school become more interesting and fun.

## CONCLUSION AND SUGGESTION

The results of this research point out that (1) the students were indicated to have low social skills so that the school counselors need another model of social guidance and counseling service, and it becomes the reason why the video-based model of *Lulo* dance of Southeast Sulawesi was developed especially to improve students' social skills (2) based on validation test with 3 (three) experts, utility, feasibility, and accuracy of the video-based model of *Lulo* dance of Southeast Sulawesi are good to improve the students' social skills. The observation result toward limited group also showed that the model of *Lulo* dance of Southeast Sulawesi could be accepted well by the students.

This proves that the video-based model of *Lulo* dance of Southeast Sulawesi is deserved to be implemented to students to improve their social skills. However, further researches are expected to do the effectiveness test of the video-based model of *Lulo* dance of Southeast Sulawesi in improving students' social skills.

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