Tepa Selira – Based Career Guidance As An Innovation in Growing Self Compassion of Basic learners in The Digital Era

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Abstract. One of the problems of basic learner in the digital era is the lack of self acceptance as the result of digital technology development. This conditions require innovative career guidance in assisting basic learners to undergo and design careers for educational levels and job opportunities that suitable to their own conditions. This research used qualitative research method. Meanwhile, data collection techniques are carried out through observation, interviews, and documentation. Data were analyzed using Miles and Huberman pattern, including data reduction, data display, then drawing conclusion. The results of this research are : (1) Tepo seliro - based career guidance as an innovation in growing self-compassion for basic learners of the digital era by provide career information that suitable to personal conditions, family career background as a personal approach, and recognize individual differences in career choice; (2) The supporting factors of Tepo seliro - based career guidance consist of both manual and digital information and examples that are accessed by basic learners of the digital era, the success story of public figures that are easily accessible, and popular targets. Meanwhile, the obstacle factors consisit of desire that does not measure ability, ambition without steps to achieve achievement, result-oriented social demands. The importance of research is to find innovations for growing self-compassion through tepa-selira based career guidance for basic learners of the digital era.

Key words: tepa selira, career guidance, self-compassion

INTRODUCTION

The impact of advances in science and technology causes changes, including career fields in schools. First, some children do not have aspirations for their future. Second, some children do not have plans for the future. Third, some children have not been able to understand themselves (Rossa. 2015). One of the purpose of school's tasks is to provide base and prepare students related to their future choices in a career. Because the existence of schools helps the students to master various skills for work (Rohmah. 2018). Work is the embodiment of human existence, therefore it requires the ability of *tepa selira*. *Tepa selira* is an expression in the Javanese language, which has the meaning of tolerance, mutual respect, and appreciate for every differences that exists in society. *Tepa Selira* prioritizes cordiality in socializing with the community while prioritizing human dignity. Therefore, the *tepa selira* - based career guidance that is applied to students in elementary schools is an innovation in growing the affection of basic learners in the digital era.

Love is the most important thing of human as social beings as well as a way to maintain the continuity of life on earth. Love is needed by all genders and all stages of age, because it has a value that is contained in it is humanity (Hui Zhou, 2019). including in the implementation of career guidance in elementary schools. It can be trained from an early age in the family environment as well as in formal education. According to the research that conducted by Hui Zhou, et al (2019), it is suitable for children aged 9-12 years with male and female gender. Development of an age-appropriate scale for elementary school children to assess children's self-love reactions. However, one of the basic learning problems of the digital era is the lack of self-acceptance as a result of the development of digital technology. These conditions require innovative career guidance in assisting basic learners to undergo and design careers for educational levels and job opportunities that are in accordance with personal conditions (potential, strengths, weaknesses).

James James N. Kirby (2019) stated that all studies using the Fears of Compassion Scales (FCS), which includes three subscales consist of networks of compassion for theirself, for others, and acceptance from others. According to Neff (2003) compassion is an attitude of openness and

being moved by the suffering experienced, a sense of caring and compassion for theirself, understanding without judgment of one's shortcomings and failures, accepting one's strengths and weaknesses and realizing that other people may have the same experience. Furthermore, Sean O'Rourke (2017) stated that FtF's direct interaction with CMC has a different social impact on each individual, and will affect the next life. Therefore, the experience of affection that children and adolescents get will affect their social skills in adulthood or when they become parents. Based on the insightful findings on the structural factor of the Self-Compassion for Children (SCS-C) Scale that it's affectiveness has been evaluated, social and emotional learning (SEL) program has being implemented in a large Western city (Essie Sutton. 2017) it can be implemented in formal educational institutions with the support of many aspects, including through the curriculum. Curriculum for forming affection is designed and promote to support the development of social and emotional skills of the children, both individually and in groups. A curriculum that has a charge of love will foster a variety of children's social behavior. Laura J. Morizio (2020) explain about the effective and indirect empathic creative instruction improves children's social-emotional skills, including: empathy, self-management and responsible decisions. These conditions make it easier for children to establish motivating and supportive relationships for success (academic and non-academic) in elementary school so that they have a career. Therefore, the responsibility of the educators or teachers is to solve problems in providing *tepa selira*-based career guidance as an innovation in growing independent learners in the digital era.

METHODS

As the overall goal of this research is to implement tepa selira-based career guidance as an innovation to grow self-compassion for basic learners of the digital era as the main phenomenon explored in research, participants and research locations are described in the qualitative research design (Creswell, 2016). Qualitative methods can uncover and understand something behind the phenomenon and gain unknown insights (Strauss & Corbin, 2017) about tepo seliro-based career guidance as an innovation to grow self-compassion for basic learners of the digital era. The use of qualitative methods with research design is presented

according to the stages, namely: (1) Pre-field Stage, (2) Field Activities Stage, and (3) Post-field Stage. Meanwhile, the approach of this research is used phenomenology method which aims to bring up a general explanation (theory) about the process, action, or interaction formed by the views of the participants (Educators and Students). The focus of research is about Career Guidance Based on Tepa Selira as an Innovation for Growing Self Compassion for Basic Learners in the Digital Era. An accurate information is needed in the process of career guidance based on Tepa Selira as an innovation for growing self-compassion for basic learners of the digital era and understanding of basic learners in the digital era. Moreover, this research requires a lot of references and reliable sources that can be used for the smooth running of the research.

The type of research is field research. The research conducted in the field or in a certain environment, in this research is MI Tarbiyatul Islam. In this study, researchers conducted field research or observe in Tarbiyatul Islam to find out various information. In detail, the phenomenological approach is very supportive in describing the tepa selira-based career guidance as an innovation to grow self-compassion for basic learners of the digital era. The information obtained becomes a description of the phenomena experienced by the subject and how the subject understands it. The main focus of phenomenology according to Cresswell is the phenomenon of interpretation and psychological phenomena (Creswell, 2015) educators and students who therefore make a phenomenological approach as an approach in this study that helps researchers in the process of data collection to analysis. Data collection techniques are through observation, documents and interviews with elementary students and educators at MI Tarbiyatul Islam that has been conducted from July-August 2022.

RESULTS AND DISCUSSION

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The research was conducted in elementary schools in Kudus Regency. Based on observations made on students at MI Tarbiyatul Islam, it was found that students have practical and materialistic career desires according to the basic learning conditions of the digital era. Among the interesting career of the students includes being an artist, a YouTuber and a rich person. This is not in line with self-awareness

and the efforts that will be made in realizing a future career with the linkage of further education levels, hobbies that are in accordance with careers, career information and even career exemplary sources. According to the information from educators or teachers, there are desire of students to be famous. Therefore,the teachers attempt to clarify the type of career in career guidance services by mentioning the appropriate profession in the digital era, for example: being an innovative educator who creates teacher room applications, being a modern doctor with *halodoc* services, being a police officer who is ready to serve the community in 24 hours, digital entrepreneurs in online shop applications and others. In understanding and choosing a career, students are required to respect other careers. Mutual respect for career differences is the goal of *tepa selira*-based career guidance.

Based on information from students, it was found that most of career choices of students are to be famous person and making a lot of money. Based on this, teachers should provide motivation to the students in order to being smart and achieve an excellent both academics and non-academic result, not only in elementary school, but also in the higher education. Whatever they career, the most important thing is to still love fellow human beings, help each other, and have a caring attitude towards all human beings. Because successful students are able to provide benefits for themselves and others around them. So education that has the responsibility to educate the children in schools is able to foster a spirit of compassion for basic learners of the digital era. So that it accepts the ability of students who are sophisticated in the use of information and communication technology but have internal and external sensitivity. By loving theirself, basic learners will accept their strengths and weaknesses by continuing to learn and achieve future career goals. All basic learners are entitled to career service facilities (including types, opportunities, challenges, rewards for each career) and career guidance services from educators. There is great hope for the *tepa selira*-based career guidance as an innovation to grow the affection of basic learners in the digital era, by recognizing/aware of self-potential and the suitability of career opportunities that are carried out in realistic ways. Although there are obstacles in career guidance, the abundance of career information is very helpful in implementing *tepa selira*-based career guidance.

CONCLUSION

The supporting factors of *Tepo seliro* - based career guidance consist of both manual and digital information and examples that are accessed by basic learners of the digital era, the success story of public figures that are easily accessible, and popular targets. Meanwhile, the obstacle factors consisit of desire that does not measure ability, ambition without steps to achieve achievement, result-oriented social demands. The importance of research is to find innovations for growing self-compassion through *tepa-selira* based career guidance for basic learners of the digital era.

ACKNOWLEDGEMENT

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