The Helping Behavior of Senior and Vocational High School Students Based on the Values of Pancasila in Pemalang Regency

Dedit Priyono, Alvanov Z Mansoor, Intan R Mutiaz

Faculty of Art and Design (FSRD), Institut Teknologi Bandung (ITB)
Bandung, Indonesia
Belozoglu.dt@gmail.com, nova.zp@gmail.com, intanrm@yahoo.com

Abstract
The decline in a social relationship has led people, particularly teenagers, to an unwillingness to help others. Therefore, there needs such an effort to help teenagers realize the importance of helping others. One possible effort is to hold a character building program. In this case, the writer involves Pancasila as the fundamental principle of the program to relate its values to the helping behavior the teenagers might show. Accordingly, this study focuses on finding the helping behavior related to the values contained in the Sila of Pancasila shown by the teenagers. This descriptive-qualitative study uses Focus Group Discussion (FGD) and literature study methods to collect data. From the research, the writer finds Sila 2 Kemanusiaan Yang Adil dan Beradab fits the helping behavior shown by the teenagers the most. The helping behavior shown relates, particularly, with the following values of Pancasila, i.e., "To recognize equality both in rights and responsibility, to uphold the values of humanity," and "To promote fairness to others." Nevertheless, teenagers have not shown yet the one related with "To practice tolerance and show empathy."

Keywords: Focus Group Discussion (FGD), Pancasila, Teenagers, Helping Behavior.

I. INTRODUCTION
The culture of helping others has been part of Indonesian people. The habit of helping others has been implemented by Indonesian people from one generation to another one. In line with Ibu Khaledun in Saragih (2015) that living together and helping each is considered human core need. This need has to be fulfilled so as to keep humanity exists. To make it happen, collectivism should be involved for the sake of forming social order in which people cannot live alone. Accordingly, people live together in a mutual relationship where they can share each other to fulfill their need of life.

The helping behavior is a crucial thing as people are social beings in nature. They will never be able to live alone. People need others since they were born. This is in line with Sears in Gigy (2014) who clarified that “people are not individual beings who can live alone, yet social beings who really need others.” The helping behavior means the willingness to help others sincerely. In other words, according to Santrock in Waas (2015), “helping behavior is prioritizing other who need help rather than prioritizing personal interests.” Helping behavior should have been owned by human, and it needs to be taught to humans since they were kids.

Puberty, as Hurlockin Herlina (2016) stated, is subdivided into two, i.e., immature(11/12-16/17years old) and mature(16/17-18years old). Individually, teenagers reach their maturity during their late adolescence. Krori in Herlina (2016) added that teenage is a crucial period of life, which covers the period of transition, the period of change, the period of which teenagers are in the age of trouble, the period in which teenagers search for their self-identities, the period of dreadness, the period of unrealism, and the period of threshold towards maturity.

Nowadays, the interaction among people has shifted as a result of the era of globalization and modernization. It is followed by the change of the values of social life both quantitatively and qualitatively. People tend to be selfish. The decline of willingness to help others indicates this kind of phenomenon. It happens within societies, especially teenagers. The helping behavior among teenagers starts to be decreasing. It significantly increases the individualism among teenagers. Besides, the teenagers’ lifestyle, which is hedonistic, causes the teenagers to be egoistic and ignorant towards the condition of others. They have been individualistic ones and tend to be aggressive by showing off violence and others juvenile crimes.

The fact that teenagers tend to be aggressive can be known from the news reported by media like television and newspaper. For instance, there had ever been news about the death of supporters in a football match between PERSIB versus PERSIJA. As cited in Kompas online, the case happened for one of the PERSIB supporters was seriously injured after being attacked by the supporters of PERSIJA. The injury caused the supporter of PERSIB to die. The detailed chronology can be accessed in [http://regional.kompas.com/read/2017/07/28/07535911/kronologi-pengeroyokan-ricko-bobotoh-persib-yang-meninggal-dunia]. Besides, the video of the case was widely spread.
II. Method

This descriptive-qualitative research used Focus Grup Discussion (FGD) and the study of literature. Focus Group Discussion (FGD) was done twice. The first one was done at the terrace of the mosque of SMK PGRI 2 Taman with the ten school activists. It aimed to find the teen communities in Pemalang Regency.

The second Focus Group Discussion (FGD) was done at the same place with different participants. There were eight representatives of the teen communities, such as: motor club, urbex people, skateboard freestyler, Pecinta Goyang Dangdut Koplo (PGDK), Bis Komunity, Muppets (Komunitas Pecinta Pets Pemalang), Syehermania, and Pecinta Grup Al-munsidin. The discussion was aimed to find out the forms of the helping behavior the teenagers know.

The discussion and interview on the helping behavior among teenagers were done to find out the helping behavior related to the values of Pancasila. The values of Pancasila addressed are the ones taken from the book of UUD 1945 Amendment I,II,III, and IV, which is published by the team of Palito Media (2016). The values addressed are those reflecting the helping behavior.

Focus Group Discussion (FGD) was done to find out the teenage communities in Pemalang regency and the helping behavior known by the teenagers. The literature study was used to find out the helping behavior available in the values of Pancasila.

In the Sila Ketuhanan Yang Maha Esa, there are 2 out of 7 values, which address the helping behavior i.e., 1) To develop tolerance towards the practice of worship according to the individual belief, and 2) Not to impose others on the individual belief.

In the Sila Kemanusiaan yang adil dan beradab, there are 6 out of 10 values, which address the helping behavior, i.e.: 1) To recognize the equality in self-dignity and human rights regardless of the tribes, ancestry, religion, beliefs, sex, social status, skin color, etc., 2) To develop the loving behaviour towards others, 3) To develop tolerance and respect towards others, 4) To remind people of the arbitrariness they need to get rid off, and 6) To encourage people to stand on the truth and justice.

Meanwhile, there is no value addressing the helping behaviour found in the Sila Persatuan Indonesia dan Kerukunan yang dipimpin oleh hakim kebijaksanaan dalam permusyawaratan perwakilan.

In the SilaKeadilan sosial bagi seluruh rakyat Indonesia, there are 4 out of 11 values, which address the helping behaviour i.e.: 1) To encourage people to do good things, which reflect togetherness and mutual help, 4) To respect human rights, 5) To encourage the practice of helping others, and 11) To encourage the practice of doing good things for the sake of betterment in life.

III. FINDINGS AND DISCUSSION

III.1. The teenage communities of the Senior and Vocational High Schools in Pemalang regency.

The pre-adolescent development, as Sulaeman (1995) stated, is marked by the increase of interests in personal appearance. Besides, the formation of the peer group and the social activities that follow indicate it so. The pre-adolescent development is also affected by the previous development, which contributes towards the ability the teenagers may have to communicate and socialize with others. It is in line with Conradi in Sulaeman (1995) who believed that teenagers are able to participate well in social life when they have undergone the pre-adolescent development proportionally.

In the adolescence period, teenagers are interested more in involving themselves in the teenage groups or communities. It is considered as a common part the teenagers normally undergo. In this case, the communities the teenagers involve themselves in are the ones that address their certain orientation, norms, and values, and the deal they set and is agreed by their group. Next, it is also explained about the group or crowd made by some certain teenagers in that their presence is not only based on the same interests among them, but also on the same need and motivation to do various social activities.

To make it easier, I classified the teenage communities based on the sameness of behavior or hobbies among them. The communities were then specified according to each category of the communities. It was aimed to involve the members of teenage
communities who represent their communities. The
categories of the teenage communities in Pemalang
regency can be seen on table I.

<table>
<thead>
<tr>
<th>No</th>
<th>Categories</th>
<th>Representation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Remaja Touring</td>
<td>One Look Style (OLS) Zone Pemalang</td>
</tr>
<tr>
<td>2</td>
<td>Remaja Alim (Rajin Ibada)</td>
<td>Syechermania Pemalang</td>
</tr>
<tr>
<td>3</td>
<td>Remaja Musik (Band)</td>
<td>Al-Munsyiders Pemalang</td>
</tr>
<tr>
<td>4</td>
<td>Remaja Kekinian</td>
<td>Urbex People</td>
</tr>
<tr>
<td>5</td>
<td>Remaja Sporty</td>
<td>Freestyler Skateboard Pemalang</td>
</tr>
<tr>
<td>6</td>
<td>Remaja Entertainment</td>
<td>Pecinta Goyang Dangdut Koplo (PGDK)</td>
</tr>
<tr>
<td>7</td>
<td>Remaja Hobi Unik</td>
<td>BisComunity Pemalang</td>
</tr>
<tr>
<td>8</td>
<td>Remaja Pencinta Binatang</td>
<td>Komunitas Pecinta Pets Pemalang (Muppeng)</td>
</tr>
</tbody>
</table>

The representation of each teenage community has its
own characteristic, which is diverse from other teenage
communities. Each of the teenage communities has
similar attribute used when they meet their members.

III.1.1. Remaja Touring

Remaja touring is the category of the teenage
community represented by One Look Style (OLS) Zone
Pemalang. It is one of the teenage communities whose
interest is in automotive, particularly motorcycle. They
usually meet their members around Taman, an area in
Pemalang, every weekend to have touring activity.
Besides, they occasionally do a social activity like
sharing with needy people through the fund they raise
among them or others. Another activity they frequently
do is a set of introduction to their community to recruit
new members. Commonly, they have their own identity
and serial numbers they stick on their motorcycles and
certain attributes they wear to mark their communities.
For the sake of further information about the
communities, I provide the following table and figure.

III.1.2. Remaja Alim (Rajin Ibada)

Remaja Alim is the category of the teenage
community represented by SyechermaniaPemalang. The
focus of the community is on the religious activities. The
formation of the community is based on their adoration of
a Habib Syech from Pekalongan. Syechermania is one of
the popular communities whose members are mostly the
teenagers living in the coastal area along the northern
Java Sea. Attending the da’wah from the Habib Syech
is the activities done by the communities. They regularly
come to the house of Habib Syech or places the Habib
Syech does his da’wah to attend the da’wah. They listen
the da’wah and following the shalawat recited by the
Habib Syech. Another activity they do is having a
discussion on the agenda of the next da’wah and holding a
regular meeting among the members to have tahlilan (a
religious activity done through reciting Qur’an and
prayer). For further information about the community, I
provide the following table and figure.
III.1.3. Remaja Musik (Band)

Remaja Musik (Band) is the community category represented by Al-MunsyiderPemalang community. It is one of the teenage communities whose members love doing shalawat followed by a certain kind of music called hardroh or rebana. The formation of a community is based on the adoration of a religious band in which hadroh or rebana is played. It is Al-Munsyidin the band they adore, which comes from Pekalongan. The band invites its fans to have shalawat followed by its own musical arrangement. Remaja Musik (Band) community regularly attend the shalawat performed by the band every Sunday. They also join the band practicing playing the hadroh or rebana. For further information about the community, I provide tables and figure below.

Table III. Information about Syechermania Pemalang

<table>
<thead>
<tr>
<th>The number of the member</th>
<th>45 Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assembly Point</td>
<td>In the house of the member who gets the turn for tahlilan</td>
</tr>
<tr>
<td>Attributes</td>
<td>Sticker, A Specific Blazer with a Logo of Community and Name Tag</td>
</tr>
<tr>
<td>Routines</td>
<td>Attending the da’wah by the Habib Syech</td>
</tr>
</tbody>
</table>

Figure 3. The Logo of Syechermania Pemalang Community (Photo Credit: The Member of Community)

Figure 4. The Document of Syechermania Pemalang Community Attending the Da’wah by the Habib Syech (Photo Credit: The Member of the Community)

Table IV. Information about the Al-Munsyider Pemalang Community

<table>
<thead>
<tr>
<th>The number of the member</th>
<th>45 Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assembly Point</td>
<td>In the house of the member who gets the turn</td>
</tr>
<tr>
<td>Attributes</td>
<td>Sticker, specific blazer with the logo of community and name tag</td>
</tr>
<tr>
<td>Routines</td>
<td>Attending the concert and shalawat performed by Al-Munsyidin</td>
</tr>
</tbody>
</table>

Figure 5. The Logo of Al-Munsyider Pemalang Community (Photo Credit: The Member of Community)

Figure 6. The Documentation of Al-Munsyider Pemalang Community Having Their Regular Activity (Photo Credit: The Member of the Community)

III.1.4. Remaja Kekinian

Remaja Kekinian (nowadays teenagers) is the community category represented by Urbex People community. The community is formed by those who are interested in fashion and willing to always look stylish and fashionable. They reflect themselves by wearing the up-to-date clothes and taking a selfie with an extreme background. They wear masks as their attribute when taking the selfie. They usually hunt unique places like old buildings, bridges, railway, and new places to take the selfie. Afterward, they upload the photos to their Instagram account. For further detail about the community, I provide table and figure as follows.
Table V. Information about Urbex People

<table>
<thead>
<tr>
<th></th>
<th>Urbex People Pemalang Community</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>The number of members</strong></td>
<td>18 Persons</td>
</tr>
<tr>
<td><strong>Assembly points</strong></td>
<td>Some cafes in Pemalang</td>
</tr>
<tr>
<td><strong>Attributes</strong></td>
<td>Masks, Cameras (HP/DSLR), and up-to-date clothes/outfits</td>
</tr>
<tr>
<td><strong>Routines</strong></td>
<td>Taking the selfie with unique places as the background</td>
</tr>
</tbody>
</table>

Figure 7. The Logo of Urbex People Pemalang Community
(Photocredit: The Member of the Community)

Figure 8. The Photos of Urbex People Pemalang Community
(Photocredit: Instagram)

III.1.5. Remaja Sporty

Remaja Sporty is the category of the community represented by Freestyler Skateboard Pemalang. The members of Remaja Sporty are those who like doing physical exercise, especially freestyle skateboard. The community is divided into two according to the areas. The areas cover the southern and northern Pemalang regency. They regularly practice the techniques of skateboarding. Besides, they often take part in some freestyle events, both regional and national. For the detail, I provide the tables and figure as follow.

<table>
<thead>
<tr>
<th></th>
<th>Freestyler Skateboard Pemalang Community</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>The number of members</strong></td>
<td>13 Persons</td>
</tr>
<tr>
<td><strong>Assembly Point</strong></td>
<td>Around the Pendopo of Pemalang regency and SMKN Randudongkal</td>
</tr>
<tr>
<td><strong>Attribute</strong></td>
<td>Skateboard</td>
</tr>
<tr>
<td><strong>Routines</strong></td>
<td>Practicing the techniques of freestyle skateboard</td>
</tr>
</tbody>
</table>

Figure 9. The Logo of Freestyler Skateboard Pemalang Community
(Photocredit: The Member of the Community)

Figure 1. The Documentation of Freestyler Skateboard Pemalang Community Practising the Techniques of Freestyle Skateboard
(Photocredit: The member of the community)

III.1.6. Remaja Entertainment

Remaja Entertainment is the category of the community represented by Pasukan Goyang Dangdut Koplo (PGDK) Pemalang community. The formation of the community is based on its members’ interest in goyang (i.e., dancing) dangdut koplo (popular music genre in Indonesia). The community is present in every coastal area along the northern Java Sea called Pantura. The members of the community usually hunt the dangdut music concerts.
around Pemalang, Tegal, Brebes, and Pekalongan. In the dangdut concert they attend, they dance in unique ways and following the beat. Their routine agenda is discussing the dangdut concerts, which may be held in every week and practicing dancing or goyang dangdut. For the detail, I enclose the following tables and figures.

Table VII. Information about Pasukan Goyang Dangdut Koplo (PGDK) Pemalang

<table>
<thead>
<tr>
<th>The number of members</th>
<th>54 Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assembly Point</td>
<td>Pemalang town square</td>
</tr>
<tr>
<td>Attribute</td>
<td>Outfit</td>
</tr>
<tr>
<td>Routine</td>
<td>Hunting the dangdut concerts and practicing dancing or goyang dangdut</td>
</tr>
</tbody>
</table>

III.1.7. Remaja Hobi Unik

Remaja Hobi Unik (i.e., The Teenage Unique Hobbies) is the category of the community represented by the Bismania community. The community is formed based on the enthusiasm for buses in Indonesia. Pemalang is one of the largest one among the communities. It presents in almost all cities in Indonesia. The activities done by the community are such as hunting some newly issued buses and capturing the buses running on the highway. Besides, they upload the pictures of the buses to their social media accounts. They also campaign to encourage people to use public transportation, especially buses, instead of their own vehicles. They do it so for the sake of reducing the air pollution. The detail about the community can be seen in the following table and figure.

Table VIII. Information about the Bismania Pemalang Community

<table>
<thead>
<tr>
<th>The number of members</th>
<th>45 Persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assembly Point</td>
<td>Pemalang town squares and the house of each member</td>
</tr>
<tr>
<td>Attribute</td>
<td>Outfit</td>
</tr>
<tr>
<td>Routines</td>
<td>Hunting and capturing buses, touring with the bus, and sharing information about buses (e.g., the bus facilities, etc.)</td>
</tr>
</tbody>
</table>

III.1.8. Remaja Pecinta Binatang

Remaja Pecinta Binatang (i.e., pet lovers) is the category of the community represented by Badut Cobra Talenta (Barata). This community has its regular activity, that is, showing public various reptiles, especially snakes. They show public how to control poisonous snakes. Besides, they campaign to persuade people to love and take care of reptiles and to handle the injury caused by the reptile's bite in a right way. For the detail about the community, I enclose table and figure as follow.

Table IX. Information about Badut Cobra Talenta (Barata) Pemalang
III. 2. The Helping Behavior Based On the Values of Pancasila

The data of the helping behavior based on the values of Pancasila was found out from the discussion with one representative from each of the teenage communities in Pemalang regency. The discussion and interview were addressed to the eight students of the Vocational School of PGRI 2, Taman. Those eight students were from One Look Style (OLS) Zone Pemalang, urbex people, skateboard freestyler, Pasukan Goyang Dangdut Koplo (PGDK), BisMania, Badut Cobra Talenta (Barata), Syechermania, and Al-Munisyider.

The discussion consisted of three main sections: asking students’ opinion about helping each other, asking students’ opinion about solidarity and the reasons why we need to help others, and asking students about the helping behavior according to the values of Pancasila.

In the first section of the discussion, the students representing each of their community agreed that helping behavior is an effort to help others overcome the problems and face the difficulties they may have. Next, in the second section of the discussion, the students were interviewed. The questions asked was about solidarity and why they need to help others. From the opinion they shared, there were four reasons why they need to help others: 1) empathy, 2) the nature of humans as social beings, 3) religious orders and culture, and 4) sympathy.

The last section of the discussion, the participants were asked about the helping behavior related to the values of Pancasila. It was found that only some values of Pancasila addressing the helping behavior. The values were further discussed and the result of the discussion

III.2.1. SilaPertama “Ketuhanan Yang Maha Esa”

Regarding the value “To develop tolerance towards the practice of worship according to the individual belief,” the representative of the Pecinta Sholawat and Klub Motorsaid that they have ever lent their friends who would pray or salat. As well as the representative from Pecinta Reptil community, they even set their friends free to pray or salat.

Their behavior can be related to the value of SilaKedua Pancasila “Kemanusiaan Yang Adil Dan Beradab” : To develop tolerance among others. For further detail about the helping behavior related to Sila Pertama Pancasila, I provided the following table.

<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Lending their friends sarongs for praying or salat</td>
<td>1. Recognize the equality in self-dignity and human rights regardless of the tribes, ancestry, religion, beliefs, sex, social status, skin color, etc.</td>
</tr>
<tr>
<td>2. Allowing their friends to pray or salat</td>
<td>2. To remind people of the arbitrariness towards others they need to get rid off.</td>
</tr>
</tbody>
</table>

Next, the helping behavior related to the values included in the Sila Kedua Pancasila i.e., “Kemanusiaan Yang Adil dan Beradab”, are “To recognize the equality in self-dignity and human rights regardless of the tribes, ancestry, religion, beliefs, sex, social status, skin color, etc.” and “To remind people of the arbitrariness towards others they need to get rid off”. In line with those values, the PGDK community has ever helped their classmate who had ever been bullied by his friends. As well as the Bus dan Pecinta Reptil communities, they both have ever done the same things as the PGDK community did. Even more, the Skateboard community, they also have ever helped their poor neighbor who was demeaned by another neighbor. The father of one of the community members also tried helping by advising the person demeaning his neighbor.

Another helping behavior was the one related to the value of Sila Kedua Pancasila “Kemanusiaan Yang Adil
Tabel XI. The helping behavior related to Sila Kedua

<table>
<thead>
<tr>
<th>SILA Ke-2: &quot;Kemanusiaan Yang Adil dan Beradab&quot;</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. To develop tolerance</td>
<td>1. Lending friends sarongs for praying</td>
</tr>
</tbody>
</table>
| 2. To recognize the equality in self-dignity and human rights regardless of the tribes, ancestry, religion, beliefs, sex, social status, skin color, etc. | 1. Helping a friend who was being bullied  
2. Helping a neighbor demeaned by other |
| 3. To remind people of the arbitrariness towards others, they need to get rid off | 1. Melakukan pembelaan terhadap teman yang dibully  
2. Membela tetangga yang sedang dihina |
| 4. To uphold the value of humanity            | 1. Helping an elderly crossing the road  
2. Helping a farmer falling from his bicycle  
3. Helping a victim of an accident  
4. Allowing a woman to seat on their bus seats  
5. Reconciling two persons fighting in a small concert (Orkes Kampung) |
| 5. To love doing the action of humanism       | 1. Raising fund for helping the victims of natural disaster in Subang and Sumedang, West Java  
2. Joining a community service to help to renovate their neighbor's house |

III.2.3. Sila Kelima "Keadilan Sosial Bagi Seluruh Rakyat Indonesia"

The helping behavior related to the value "To respect the right of others" for Sila Kelima Pancasila was found through discussion. The participants of the discussion were first given an explanation about the helping behavior related to the value aforementioned. The participants were asked to give their opinions about motorists who disobeyed the traffic rules such as stopping at zebra crossing when the traffic light was red and those who passed their vehicles through pavement when traffic jam.

All participants of the discussion gave the same opinions towards the issue. They thought that the disobedience has done by the motorists obviously deprived the right of others. They said that the motorists should not have done those traffic violations for the sake of allowing the pedestrians to cross easily. They also said that passing the vehicles through the pavements disturbed the pedestrian to walk comfortably. The participants further said that they saw those traffic violations through the TV. They added that they never saw those traffic violations directly around them. They thought that Pemalang is unlike other big cities where the traffic is always jam. For the detail, I enclosed the following table.

Table XII. The Helping Behaviour Related to Sila Ke-5

<table>
<thead>
<tr>
<th>SILA Ke-5: &quot;Keadilan Sosial Bagi Seluruh Rakyat Indonesia&quot;</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Respecting the right of others</td>
<td>1. Driving orderly (by always obeying the traffic rules) and respecting the right of others</td>
</tr>
</tbody>
</table>

IV. CONCLUSION

From the discussion aforementioned, it can be concluded that most of the participants have known and are able to explain about the helping behavior related to the values of Pancasila. The values of Pancasila addressing the helping behaviour the participants of the discussion have known cover “To develop tolerance towards the practice of worship according to the individual belief” (in Sila Pertama Pancasila), and “To recognize the equality in self-dignity and human rights regardless of the tribes, ancestry, religion, beliefs, sex, social status, skin color, etc.” and “To remind people of the arbitrariness towards others they need to get rid off” (in Sila Kedua Pancasila).

Meanwhile, the value of Pancasila (in Sila Kedua), the participants, could not describe was the value "To develop tolerance among others." The participants only mentioned the examples towards tolerance, i.e., lending their friends sarongs for praying and suggesting motorists to obey the traffic rules.
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