**Developing Student’s Empathy through Exercise Techniques**

Maryam Rahim, Irvan Usman, Meiske Puluhulawa

[maryamrahim63@gmail.com](mailto:maryamrahim63@gmail.com), [irvanusman@ung.ac.id](mailto:irvanusman@ung.ac.id), [meiskepuluhulawa@ung.ac.id](mailto:meiskepuluhulawa@ung.ac.id)

Universitas Negeri Gorontalo

**Abstract**

Various phenomena of negative social attitudes is apparent in today’s global society. One of these phenomena includes student’s school life that indicates that there are issues on the attitude of students’ empathy and community members. Empathy is the ability to put oneself in someone else’s position or place, or the capacity to share what someone else feels. Empathy will also prevent someone to offend somebody, which in turn helps create a harmony in social life. In regards to the empathy issue, its development on students’ needs to be strived through guidance and counselling service at schools. Exercise techniques can be used through guidance and counselling teachers as a way to develop student’s empathy. The techniques include written, *dyad* and trial, fantasy, common reading, and feedback. By implementing these techniques continuously, the student will eventually possess the empathic attitude.

**Keywords:** empathy, exercise techniques