

ABSTRAK

Bambang Setiawan, 1402099 (2017). Bimbingan Kelompok dengan Teknik *Self-Instruction* untuk Meningkatkan *Self-Regulation* Siswa (Penelitian Eksperimen Kuasi pada Siswa Kelas X SMK Negeri 1 Talaga)

Dilatarbelakangi oleh pentingnya *self-regulation*, maka penelitian ini dilakukan untuk menguji efektivitas bimbingan kelompok dengan teknik *self-instruction* untuk meningkatkan *self-regulation* siswa. *Self-regulation* diibaratkan sebagai kartu as dari kepribadian individu, yang diasumsikan dapat memperkuat diri individu dan meningkatkan kemampuan dalam menghadapi tuntutan kehidupan serta sebagai pembimbing perilaku individu. Selain itu, rendahnya *self-regulation* akan menyebabkan cakupan permasalahan yang luas, khususnya pada siswa yang akan mengganggu terhadap pencapaian prestasi akademik siswa. Pada penelitian ini digunakan pendekatan kuantitatif, dengan desain penelitian eksperimen kuasi. Adapun metode penelitian yang digunakan adalah *Nonequivalent Pretest-Posttest Control Group Design*. Pengambilan sampel dalam penelitian ini menggunakan teknik *purposive sampling*, dengan jumlah sampel penelitian 69 orang siswa, yang terbagi ke dalam kelas eksperimen sejumlah 39 orang, dan kelas kontrol sejumlah 30 orang. Hasil penelitian menunjukkan bahwa secara umum profil *self-regulation* siswa berada pada kategori **sedang**, dan secara empiris pemberian layanan bimbingan kelompok dengan teknik *self-instruction* terbukti efektif untuk meningkatkan *self-regulation* siswa.

Kata Kunci : *Self-Regulation*, Bimbingan Kelompok dengan Teknik *Self-Instruction*.

ABSTRACT

Bambang Setiawan, 1402099 (2017). Group Guidance with Self-Instruction Technique to Enhance Students' Self-Regulation (A Quasi-Experimental Research to X Grade Students at SMK Negeri 1 Talaga)

Triggered by the importance of self-regulation, then this research was conducted in order to test the effectiveness of group guidance with self-instruction technique in order to enhance self-regulation of the students. Self-regulation is considered as the As card of human personality as it is assumed to be able to strengthen and increase the ability of a person to face the demand of live as well as act as a guide of behaviours of the person himself. In addition, lack of self-regulation will also cause wide range of problems specifically for the students as it may affect the academic achievement of the students themselves. Quantitative approach with quasi-experimental design was used in this research. Meanwhile, the research method used was Nonequivalent Pretest-Posttest Control Group Design. The selection of the sample of the study was by using the purposive sampling technique, the total samples taken were 69 students, 39 students were placed in experimental group and other 30 students were in control group. The study found that in general the profile of the students' self-regulation was on the moderate category, and empirically the group guidance with self-instruction technique was proven to be able to enhance students' self-regulation.

Key Words : *Self-Regulation, Group Guidance with Self-Instruction Technique.*