

**METODE MONTESSORI UNTUK PENGEMBANGAN *FLOW*
AKADEMIK MAHASISWA**

TESIS

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Magister
Pendidikan dalam Bidang Bimbingan dan Konseling



oleh
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**PROGRAM STUDI BIMBINGAN DAN KONSELING
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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
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ABSTRAK

Nabila Qurrotu Aini (2019). Metode Montessori untuk Pengembangan *Flow* Akademik Mahasiswa. Tesis. Dibimbing oleh Dr. Ilfiandra, M.Pd. dan Dr. Ipah Saripah, M.Pd. Program Studi Bimbingan dan Konseling, Sekolah Pascasarjana, Universitas Pendidikan Indonesia.

Flow akademik dapat menjadi penunjang bagi proses belajar mahasiswa di perguruan tinggi. Penelitian dilakukan atas dasar kurangnya *flow* akademik pada mahasiswa yang mengakibatkan munculnya hambatan atau permasalahan saat proses pembelajaran seperti prokrastinasi akademik dan stres akademik. Dengan demikian, diperlukan metode yang dapat mengembangkan keterampilan mahasiswa dan mahasiswa terhindar dari permasalahan akademik. Penelitian bertujuan untuk mendeskripsikan aplikasi Metode Montessori untuk pengembangan *flow* akademik pada mahasiswa. Penelitian menggunakan pendekatan kualitatif, metode studi kasus, dan desain studi kasus intrinsik. Partisipan penelitian lima mahasiswa Program Studi Bahasa Arab FPBS UPI Angkatan 2018. Partisipan penelitian ditentukan dengan teknik *purposive sampling*. Temuan penelitian menunjukkan bahwa mahasiswa mampu mencapai *flow* akademik yang ditandai dengan tercapainya seluruh indikator yang termasuk ke dalam aspek *absorption by activity*, namun indikator berpikir jernih yang termasuk ke dalam aspek *fluency by performance* sulit dicapai oleh mahasiswa.

Kata Kunci: Metode Montessori, *flow* akademik, motivasi intrinsik

ABSTRACT

Nabila Qurrotu Aini (2019). Metode Montessori untuk Pengembangan Flow Akademik Mahasiswa. Tesis. Dibimbing oleh Dr. Ilfiandra, M.Pd. dan Dr. Ipah Saripah, M.Pd. Program Studi Bimbingan dan Konseling, Sekolah Pascasarjana, Universitas Pendidikan Indonesia.

Academic Flow can facilitate students' learning process in higher education level. This study was conducted due to the lack of academic flow which causes obstacles during learning process such as academic procrastination and stress. This study applies Montessori Method in order to develop students' ability in avoiding academic obstacles. Furthermore, this study aims to describe Montessori Method in developing students' academic flow. It applied qualitative approach, case study method, and intrinsic case study design. The participants of this study are five students of Arabic Language Study Program FPBS UPI academic year 2018. Those participants were selected through purposive sampling. This study revealed that students were able to reach academic flow indicated by successfully fulfilling all indicators of absorption aspect by activity. However, clear thinking indicator included in fluency by performance was difficult to be reached by students.

Keywords: Montessori Method, academic flow, intrinsic motivation.

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