

**EFEKTIVITAS PEMBELAJARAN REFLEKTIF
UNTUK MENGEMBANGKAN *SELF-DETERMINATION*
(Penelitian Kuasi Eksperimen di SMA Negeri 19 Kota Bandung)**

TESIS

**Diajukan untuk memenuhi sebagian Syarat
Memperoleh Gelar Magister Program Studi Psikologi Pendidikan**



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**PROGRAM STUDI PSIKOLOGI PENDIDIKAN
SEKOLAH PASCASARJANA
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BANDUNG
2019**

Efektivitas Pembelajaran Reflektif untuk Mengembangkan *Self-Determination*

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Sebuah tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar magister pendidikan pada program studi psikologi pendidikan sekolah pasca sarjana universitas pendidikan Indonesia

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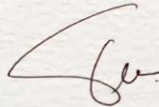
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Abstrak

Imamudin. 1707791. Efektivitas Pembelajaran Reflektif untuk Mengembangkan *Self-Determination*. Program Psikologi Pendidikan. Sekolah Pasca Sarjana Universitas Pendidikan Indonesia. Pembimbing: Dr. Nandang Budiman M.Si dan Dr. Suherman M.Pd.

Self-determination merupakan motivasi dalam diri yang perlu dikembangkan peserta didik untuk mencapai suatu tujuan yang diinginkan. Tetapi fenomena menunjukkan bahwa *self-determination* peserta didik saat ini tampak lemah. Penelitian ini bertujuan untuk menguji efektivitas pembelajaran reflektif dalam meningkatkan *self-determination* peserta didik kelas XI IPA 2 SMA Negeri 19 Kota Bandung. Metode yang digunakan yaitu kuasi eksperimen dengan *pretest* dan *posttest control group design*. Instrumen yang digunakan adalah pengungkap *self-determination* berdasarkan *teory* Decy and Ryand (1985). Partisipan penelitian sebanyak 61 orang di kelas IPA SMA Negeri 19 Kota Bandung, 28 orang sebagai kelas eksperimen dan 33 orang sebagai kelas kontrol. Uji beda empirik menggunakan uji beda *mann-withnney*. Hasil penelitian menunjukkan bahwa program pembelajaran reflektif efektif untuk mengembangkan *self-determination* peserta didik dikelas XI IPA 2 SMA Negeri 19 Kota Bandung. Rekomendasi penelitian ditunjukkan pada praktisi pendidikan, guru-guru dan kepada orang tua.

Kata Kunci: *self-determination*, pembelajaran reflektif.

Abstract

Imamudin. 1707791. The Effectiveness of Reflective Learning to development Self-Determination. Educational Psychology Program. School of Postgraduate Studies. Universitas Pendidikan Indonesia. Supervisor: Dr. Nandang Budiman M.Si and Dr. Suherman M.Pd.

Self-determination is a motivation in oneself that needs to be developed by students to achieve a desired goal. But current conditions indicate that self-determination seems weak. This study aims to support reflective learning to improving self-determination of students class XI IPA 2 of Public Senior High School 19 Bandung. The method was used is a quasi-experimental with pretest and posttest control groups design. The instrument was used the disclosure of self-determination based on the theory of Decy and Ryand (1985). The participants numbered 61 people in the IPA class at Public Senior High School 19 Bandung. 28 people as the experimental class and 33 people as the control class. Empirical difference test using the mann-withnney different test. The results showed that the reflective learning program was effective in increasing the self-determination of students in class XI IPA Public Senior High School 19 Bandung. Research recommendations that are displayed at the time of education, teachers and for parents.

Keywords: reflective learning, self-determination.

DAFTAR ISI

HALAMAN PENGESAHAN	i
HALAMAN PERNYATAAN.....	ii
ABSTRAK	iii
KATA PENGANTAR	iv
UCAPAN TERIMAKASIH	v
DAFTAR ISI	vi
DAFTAR TABEL	vii
DAFTAR GAMBAR.....	viii
DAFTAR GRAFIK.....	ix
DAFTAR LAMPIRAN.....	x
BAB I PENDAHULUAN	1
1.1 Latar Belakang Penelitian	1
1.2 Identifikasi Masalah	6
1.3 Rumusan Masalah dan Pertanyaan Penelitian.....	8
1.4 Definisi Konsep	8
1.5 Tujuan Penelitian.....	12
1.6 Manfaat Penelitian.....	12
BAB II KAJIAN PUSTAKA	13
2.1 Kajian Tentang <i>Self-Determination</i>	13
2.1.1 Definisi <i>Self-Determination</i>	13
2.2 Kajian Tentang Pembelajaran Reflektif	17
2.2.1 Definisi Pembelajaran Reflektif	17
2.2.2 Tahap –Tahap Model Pembelajaran Reflektif	21
2.2.3 Kelebihan dan Kekurangan Pembelajaran Reflektif	25

2.3	Penelitian Terdahulu	26
2.4	Posisi Teoristik	28
2.4.1	Kerangka Berfikir	28
2.4.2	Asumsi dan Hipotesa Penelitian.....	30
2.5	Hipotesa Penelitian	31
BAB III METODE PENELITIAN		32
3.1	Metode dan Desain Penelitian.....	32
3.2	Populasi dan Sampel.....	33
3.3	Variabel Penelitian dan Definisi Operasional	34
3.4	Pengembangan Instrumen Pengumpulan Data.....	36
3.5	Kisi-Kisi Instrumen Pengumpulan Data	37
3.6	Uji Keterbacaan.....	41
3.7	Uji Validasi	42
3.8	Teknik Analisi Data	42
3.9	Prosedur Penelitian dan Agenda Penelitian	44
BAB IV TEMUAN DAN PEMBAHASAN		46
4.1	Hasil Temuan Penelitian	46
4.1.1	Gambaran <i>Self-Determination</i> Peserta Didik.....	46
4.1.2	Rumusan Hipotetik Pembejaran Reflektif untuk Mengembangkan <i>Self-Determination</i> Peserta Didik	55
4.1.3	Gambaran Pembelajaran Reflektif untuk Mengembangkan <i>Self-Determination</i>	59
4.2	Pembahasan Hasil Penelitian	61
4.2.1	Pembahasan Gambaran <i>Self-Determination</i> Peserta Didik.....	61
4.2.2	Pembahasan Implementasi dan Proses Pembelajaran Reflektif untuk Mengembangkan <i>Self-Determination</i>	70
4.2.3	Pembahasan Efektivitas Pembelajaran Reflektif	

untuk Mengembangkan <i>Self-Determination</i>	77
4.3 Keterbatasan Penelitian.....	83
BAB V KESIMPULAN DAN REKOMENDASI.....	82
5.1.1 Kesimpulan	84
5.1.2 Rekomendasi	85
DAFTAR PUSTAKA.....	87
LAMPIRAN-LAMPIRAN	91

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