

## Abstrak

Dian Prihantini. (2018). Aplikasi Strategi *Self Management* untuk Meningkatkan *Self Regulated Learning* Siswa Calon Sekolah Kedinasan (Penelitian Kualitatif terhadap Siswa Kelas XI di SMA Negeri 1 Cimahi Tahun Akademik 2016/2017). Tesis. Dibimbing oleh Prof. Dr. H. A. Juntika Nurikhsan M.Pd. (Pembimbing I) dan Dr. Ilfiandra, M.Pd. (Pembimbing II). Program Studi Bimbingan dan Konseling, Sekolah Pasca Sarjana.

Penelitian bertujuan untuk menguji dan mengamati proses penerapan strategi *self management* dalam meningkatkan *self regulated learning* siswa calon sekolah kedinasan SMA Negeri 1 Cimahi Tahun Akademik 2016/2017. Pendekatan penelitian adalah kualitatif, yang dapat mendeskripsikan langkah-langkah dan strategi *self management*, yaitu *self monitoring*, *self control*, *self reward* dan *self efficacy* serta kombinasi diantaranya dalam proses siklus *self regulated learning*. Subyek penelitian terdiri dari tiga orang siswa yang memiliki kategori *self regulated learning* rendah dan rendah sekali. Proses pengamatan dilakukan selama 6-8 minggu, sampai terjadi perubahan terhadap subyek penelitian. Penelitian memaparkan mengenai peningkatan atau seberapa besar perkembangan *self regulated learning* terjadi pada siswa setelah diberikan perlakuan *self management*. Hasil penelitian menunjukkan (1) proses penerapan strategi *self management* pada setiap partisipan menunjukkan perbedaan yang unik disertai hasil peningkatan yang variatif antara cukup dan sedang, (2) dampak pemberian strategi *self management* terhadap *self regulated learning* siswa pasca penelitian dengan kategori cukup tampak menetap dan meningkat, sedangkan hasil dari siswa dengan kategori sedang memiliki kecenderungan yang menurun. Rekomendasi penelitian dapat dilakukan dengan pendekatan kualitatif setting kelompok, dilengkapi dengan panduan sistematis untuk memantau perkembangan siswa yang belum memenuhi kriteria kecukupan, oleh pihak lain pasca penelitian.

**Kata Kunci:** strategi *self management*, *self regulated learning*, *self monitoring*, *self control*, *self efficacy*.

## **Abstract**

*Dian Prihantini. (2018). Application of Self Management Strategy to Improve Self Regulated Learning for Prospective civil servants (Qualitative Research on grade XI Students in Senior Highschools SMAN 1 Cimahi for the 2016/2017 Academic Year). Thesis. Supervised by Prof. Dr. H. A. Juntika Nurikhsan M.Pd. (Advisor I) and Dr. Ilfiandra, M.Pd. (Advisor II). Guidance and Counseling Study Program, Postgraduate School.*

*The research aims to test and observe the process of implementing self management strategies in improving self-regulated learning for prospective civil servants in senior highschool SMAN 1 Cimahi for the 2016/2017 Academic Year. This research uses qualitative approach, which can describe the steps and strategies of self management, namely self monitoring, self control, self reward and self efficacy and the combination in the process of self regulated learning cycles. The research subjects consisted of three students who had a low and very low self regulated learning category. The observation process was carried out for 6-8 weeks, until there was a change in the research subjects. The study describes the increase or how much the development of self regulated learning occurs in students after being given a self management treatment. The results showed (1) the process of applying self management strategies to each participant showed a distinctive result accompanied by a varied improvement between sufficient category and medium category, (2) the impact of giving a self-management strategies to post-research students with sufficient category seemed to settle and improved, while the results of students in the medium category have a declining tendency. The research recommendations can be done with a qualitative approach to group settings, supplemented by a systematic guidance to monitor the progress of students who have not met the criteria for adequacy, by other parties after the research.*

**Keywords:** *self management strategy, self regulated learning, self monitoring, self control, self efficacy.*