

ABSTRAK: Penelitian bertujuan untuk meningkatkan *self-management* pada peserta didik kelas XI di salah satu SMA Negeri kota Bandung dengan layanan konseling berdasarkan struktur *Carkhuff*. Pendekatan penelitian menggunakan pendekatan kuantitatif dengan desain *single subject*. Instrumen yang digunakan disusun berdasarkan pengembangan dan perumusan teori *self-management* dalam belajar. Analisis data menggunakan statistika deskriptif untuk melihat peningkatan skor *self-management* dalam belajar sebelum dan sesudah layanan konseling diberikan. Hasil penelitian menunjukkan bahwa *self-management* dalam belajar pada peserta didik meningkat. Konselor diharapkan mampu untuk menggunakan layanan konseling berdasarkan struktur *Carkhuff* untuk meningkatkan *self-management* dalam belajar pada peserta didik.

Kata Kunci: Layanan Konseling, Struktur *Carkhuff*, *Self-management* dalam Belajar

ABSTRACT: *The study aims to improve self-management in grade XI in one of the Bandung senior high schools by applying counseling services based on Carkhuff structure. This research used a quantitative approach to design a single subject. The instruments used in this research were arranged based on the development and formulation of the theory of self-management in learning. The data analysis used a descriptive statistics to see the increase of scores on self-management of learning before and after the counseling services. The results showed that self-management can increase students' learning process. The counselor should be able to use the counseling services based on Carkhuff structure to improve self-management of students in learning.*

Keywords: *Counseling Services, Carkhuff structure, Academic self-management*