

**PENGARUH MODEL *SELF REGULATED LEARNING* TERHADAP
PENINGKATAN MOTIVASI BELAJAR DAN KESADARAN DIRI
(*SELF AWARENESS*) SISWA DALAM PEMBELAJARAN
PENDIDIKAN JASMANI**

TESIS

Diajukan untuk Memenuhi Sebagian Syarat Memperoleh

Gelar Magister Pendidikan Olahraga



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SEKOLAH PASCASARJANA
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PEMBELAJARAN PENDIDIKAN JASMANI**

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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
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ABSTRAK

Ismail Hasan Muttaqien (2002645). Tesis: Pengaruh Model *Self Regulated Learning* terhadap Peningkatan Motivasi Belajar dan Kesadaran Diri (*Self Awareness*) Siswa dalam Pembelajaran Pendidikan Jasmani. Tesis ini dibimbing oleh pembimbing I: Dr. Nuryadi, M.Pd. dan pembimbing II: Dr. Yusup Hidayat, M.Si.

Penelitian ini bertujuan untuk mengetahui pengaruh model *self regulated learning* terhadap peningkatan motivasi belajar dan kesadaran diri (*self awareness*) siswa dalam pembelajaran pendidikan jasmani. Metode penelitian yang digunakan yaitu metode eksperimen dengan bentuk *quasi eksperimental design* dan bentuk desain *nonequivalent control group design*. Populasi dalam penelitian ini adalah seluruh siswa kelas VIII di Sekolah Menengah Pertama Modern Riyadhul Jannah Subang. Sampel yang digunakan dalam penelitian ini adalah 40 orang dengan menggunakan teknik pengambilan *purposive sampling*. Instrumen yang digunakan berupa kuesioner untuk mengukur motivasi belajar dan kesadaran diri (*self awareness*). Teknik analisis data menggunakan uji *independent t-test* dengan bantuan *software SPSS 23*. Hasil penelitian ini menunjukkan bahwa (1) model *self regulated learning* berpengaruh terhadap motivasi belajar siswa dalam pembelajaran pendidikan jasmani, (2) model *self regulated learning* berpengaruh terhadap kesadaran diri (*self awareness*) siswa dalam pembelajaran pendidikan jasmani, dan (3) model *self regulated learning* lebih baik dibandingkan pembelajaran konvensional dalam meningkatkan motivasi belajar dan kesadaran diri (*self awareness*) siswa. Berdasarkan hasil penelitian dan penghitungan bahwa model *self regulated learning* dalam pembelajaran pendidikan jasmani memberikan pengaruh terhadap peningkatan motivasi belajar dan kesadaran diri (*self awareness*) siswa.

Kata Kunci: *Self Regulated Learning*, Motivasi Belajar, Kesadaran Diri, Pendidikan Jasmani

ABSTRACT

Ismail Hasan Muttaqien (2002645). Thesis: The Impact of Self-Regulated Learning on Increasing Students' Learning Motivation and Self-Awareness in Physical Education.

The aim of the study is to discover the impact of self-regulated learning on increasing students' learning motivation and self-awareness in Physical Education. The experimental method with a quasi-experimental design and a nonequivalent control group design is used for the study. The population of the study is 8th-grade students at Riyadhul Jannah Modern Secondary School, Subang with 40 students used as a sample divided by using the purposive sampling technique. The instrument used is a questionnaire for measuring motivation and self-awareness. The data analysis technique used an independent t-test using SPSS 23 software. The results of this study indicate that (1) the self-regulated learning model affects students' learning motivation in physical education, (2) the self-regulated learning model affects students' self-awareness in physical education, and (3) the self-regulated model learning is better than conventional learning in increasing students' learning motivation and self-awareness. Based on the results of the study, the self-regulated learning model in physical education affects the increase of students' learning motivation and self-awareness.

Key Words: *Self-Regulated Learning, Learning Motivation, Self-awareness, Physical Education*

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