

ABSTRAK

TINGKAT *SELF REGULATED LEARNING* MAHASISWA

(Studi Deskriptif pada Mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Angkatan 2012 Tahun Ajaran 2014/2015 dan Impikasinya terhadap Topik-Topik *Self Transformation Training*)

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Penelitian ini bertujuan untuk memperoleh gambaran tingkat *self regulated learning* mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Angkatan 2012 Tahun Ajaran 2014/2015. Masalah pertama yang diteliti adalah “Seberapa tinggikah tingkat *self regulated learning* pada mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Angkatan 2012 Tahun Ajaran 2014/2015?”. Masalah yang kedua adalah “Berdasarkan analisis terhadap butir-butir kuesioner *self regulated learning* yang capaian skor teridentifikasi rendah, topik *Self Transformation Training* apakah yang implikatif bagi mahasiswa Prodi BK USD Angkatan 2012 Tahun Ajaran 2014/2015?”.

Jenis penelitian ini adalah penelitian deskriptif dengan menggunakan metode survei. Subjek penelitian adalah mahasiswa Prodi BK USD Angkatan 2012 Tahun Ajaran 2014/2015, sejumlah 61 mahasiswa. Instrumen penelitian ini berupa kuesioner *self regulated learning* yang terdiri dari 38 item pernyataan yang dikembangkan berdasarkan teknik penyusunan skala model Likert dengan nilai reliabilitasnya adalah 0,864. Teknik analisis data dalam penelitian ini adalah kategorisasi tingkat *self regulated learning* mahasiswa berdasarkan distribusi normal.

Hasil penelitian yang diperoleh adalah (1) Tingkat *Self Regulated Learning* mahasiswa Prodi BK USD Angkatan 2012 Tahun Ajaran 2014/2015 termasuk dalam kategori tinggi berjumlah 46 mahasiswa (75%), kategori sangat tinggi berjumlah 5 mahasiswa (9%), kategori sedang berjumlah 10 mahasiswa (16%). (2) Berdasarkan analisis terhadap capaian skor butir-butir pengukuran *self regulated learning*, diperoleh 6 butir yang masuk dalam kategori rendah dan sedang yang digunakan sebagai dasar untuk merumuskan usulan topik-topik *Self Transformation Training*.

Kata kunci : *self regulated learning*, mahasiswa prodi BK USD, *Self Transformation Training*.

ABSTRACT
LEVEL OF STUDENT SELF REGULATED LEARNING

(Descriptive Study on Student Guidance and Counseling Sanata Dharma University Class of 2012 Academic Year 2014/2015 and Implications for topics self transformation training)

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This study aimed to obtain a picture of the level of self-regulated learning students of Guidance and Counseling of Sanata Dharma University class of 2012 academic year 2014/2015. The first issue under study is “how high levels of self regulated learning in students of Guidance and Counseling Sanata Dharma University class of 2012 school year 2014/2015?”. The second issue is “based on an analysis of a grain of self regulated learning questionnaire that achievement scores identified low, the topics of self transformation does implication training for students of Guidance and Counseling Sanata Dharma University class of 2012 academic year 2014/2015?”.

This type of research is a descriptive study using a survey method. Research subjects are students of Guidance and Counseling Sanata Dharma University class of 2012 academic year 2014/2015, a number of 61 students. This research instrument in the form of self regulated learning questionnaire consisting of 38 items were developed based on the statement preparation techniques with the Likert scale model of reliability is 0,864. Techniques of data analysis in this study was categorizing the level of self-regulated learning of students based on a normal distribution.

The results obtained are (1) the level of self-regulated learning student of guidance and counseling Sanata Dharma University Class of 2012 academic year 2014/2015 in the high category amounted to 46 students (75%), category is very high amounting to 5 students (9%), the categorization being totaled 10 students (16%). (2) Based on an analysis of the achievement score of grains measuring self-regulated learning, gained 6 items that fall into the category of low and being used as a basis for formulating the proposed topics of self transformation training.

Key words: self-regulated learning, student Guidance and Counseling Sanata Dharma University, self transformation training.