

ABSTRAK

KONTROL DIRI DALAM PENGGUNAAN MEDIA SOSIAL SAAT JAM PELAJARAN PADA SISWI SMA

(**Studi Deskriptif pada Siswi Kelas XI SMA Stella Duce 2 Yogyakarta Tahun Ajaran 2018/2019 dan Implikasinya terhadap Usulan Topik-Topik Bimbingan Pribadi Sosial)**

Benediktus Ferry Pradana Kurniawan
Universitas Sanata Dharma Yogyakarta 2019

Penelitian ini bertujuan untuk: (1) Mendeskripsikan kontrol diri dalam penggunaan media sosial saat jam pelajaran pada siswi kelas XI SMA Stella Duce 2 Yogyakarta Tahun Ajaran 2018/2019 dan (2) Mengidentifikasi butir-butir pengukuran kontrol diri dalam penggunaan media sosial saat jam pelajaran yang capaian skornya rendah pada siswi SMA Stella Duce 2 Yogyakarta Tahun Ajaran 2018/2019 sebagai implikasi usulan topik-topik bimbingan pribadi sosial.

Jenis penelitian ini adalah penelitian deskriptif kuantitatif. Subjek penelitian ini adalah siswi kelas XI SMA Stella Duce 2 Yogyakarta Tahun Ajaran 2018/2019 yang berjumlah 174 orang. Instrumen penelitian yang digunakan pada penelitian ini adalah Kuesioner Tingkat Kontrol Diri dalam Penggunaan Media Sosial Saat Jam Pelajaran dengan jumlah item 40. Uji validitas instrumen menemukan 38 item valid. Reliabilitas instrumen diukur menggunakan Alpha Cronbach dengan indeks 0,983. Teknik analisis data yang digunakan adalah norma kategorisasi menurut Azwar yang terdiri dari 5 kategori yakni sangat tinggi, tinggi, sedang, rendah dan sangat rendah.

Hasil penelitian menunjukkan bahwa tingkat kontrol diri dalam penggunaan media sosial saat jam pelajaran pada siswi kelas XI SMA Stella Duce 2 Yogyakarta Tahun Ajaran 2018/2019 adalah 21 (12,07%) siswi memiliki tingkat kontrol diri sangat tinggi, 70 (40,23%) kategori tinggi, 51 (29,31%) kategori sedang, 31 (17,82%) kategori rendah, dan 1 (0,57%) kategori sangat rendah. Teridentifikasi 5 item pengukuran kontrol diri capaian skornya pada kategori rendah, sebagai dasar implikasi usulan topik-topik bimbingan pribadi sosial untuk meningkatkan kontrol diri dalam penggunaan media sosial saat jam pelajaran pada siswi kelas XI SMA Stella Duce 2 Yogyakarta Tahun Ajaran 2018/2019.

Kata Kunci: Kontrol diri, media sosial, bimbingan pribadi sosial

ABSTRACT

THE HIGH SCHOOL STUDENTS SELF-CONTROL IN USING SOCIAL MEDIA DURING LEARNING COURSE

(A Descriptive Study on Class XI students of SMA Stella Duce 2 Yogyakarta Academic Year 2018/2019 And Its Implication On the Proposed Topics for Social Personal Guidance)

Benediktus Ferry Pradana Kurniawan
Sanata Dharma University Yogyakarta 2019

The aim of this study was to: (1) Describe self-control in the use of social media during learning course time at class XI students of SMA Stella Duce 2 Yogyakarta, academic year 2018/2019 and (2) Identify measurement items of self-control in using social media during learning course time that scores were low on SMA Stella Duce 2 Yogyakarta, academic year 2018/2019 as an implication of the proposed topics for personal social guidance.

This type of this research was quantitative descriptive study. The subjects of this study were 174 students from class XI at SMA Stella Duce 2 Yogyakarta academic year 2018/2019. The research instrument used in this study was the Self-Control Level in Using of Social Media During Learning Course Time Questionnaire with 40 items. The validity test of the instrument found that there were 38 valid items. Instrument reliability was measured using Alpha Cronbach with index of 0.983. Data analysis technique used was norm categorization according to Azwar which consists of 5 categories namely very high, high, medium, low and very low.

The results show that the level of self-control in using social media during learning course time in class XI of SMA Stella Duce 2 Yogyakarta academic year 2018/2019 are described as follows: 21 (12.07%) students have very high levels of self-control, 70 (40.23%) students are in high category, 51 (29.31%) students are in medium category, 31 (17.82%) students are in low category, and 1 (0.57%) student is in very low category. 5 items of self-control measurement are identified having score that considered in the low category, and become implications basis for the proposed topics of personal social guidance to improve self-control in using social media during learning course time for class XI students of SMA Stella Duce 2 Yogyakarta, academic year 2018/2019.

Keywords: *Self-control, social media, social personal guidance*