

## ABSTRAK

### **PENGEMBANGAN BUKU TENTANG PERADABAN JEMBATAN BERBASIS *PROJECT BASED LEARNING* UNTUK MENINGKATKAN KARAKTER KONTROL DIRI**

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Karakter kontrol diri merupakan kemampuan individu mengendalikan perilaku, menahan dorongan negatif, berpikir sebelum bertindak, serta bertindak sesuai hati nurani. Namun, rendahnya kontrol diri anak masih sering dijumpai dan berpengaruh pada perilaku sosial. Penelitian ini bertujuan untuk mengembangkan buku teks tentang peradaban jembatan berbasis *Project-Based Learning* (PjBL) untuk meningkatkan karakter kontrol diri anak sekolah dasar. Penelitian menggunakan metode *Research & Development* (R&D) dengan prosedur pengembangan ADDIE (*Analyze, Design, Develop, Implement, dan Evaluate*). Subjek penelitian melibatkan sepuluh guru bersertifikasi sebagai responden analisis kebutuhan, sepuluh ahli untuk *expert judgement*, anak kelas IV salah satu SD Negeri di Yogyakarta (kelas IVB kelompok kontrol dan kelas IVC kelompok eksperimen) pada tahap implementasi, orang tua anak sebagai responden kuesioner karakter kontrol diri.

Hasil penelitian menunjukkan 1) buku teks peradaban jembatan dikembangkan melalui tahapan ADDIE, 2) kualitas buku dinilai pada kategori “Sangat Baik” oleh ahli dan guru dengan skor 3,78 (skala 1-4) sehingga tidak memerlukan revisi, 3) penerapan buku teks berpengaruh positif dan signifikan terhadap karakter kontrol diri anak ( $p < 0,05$ ) dikategorikan efek “besar” ( $r = 0,742$  atau setara 55%), efektivitas *n-gain score* dikategorikan “rendah” pada kelompok kontrol (0,238) dan efektivitas sedang pada kelompok eksperimen (0,665), konsistensi antar penilai dikategorikan “tinggi” ( $\alpha = 0,760$ ) dan analisis *z-score* per indikator kelompok kontrol negatif (-0,11 hingga -1,52) dan kelompok eksperimen dominan positif (0,00 hingga 1,9) dengan satu indikator negatif (-0,22). Berdasarkan hasil penelitian, pengembangan buku teks peradaban jembatan berbasis PjBL efektif meningkatkan karakter kontrol diri secara signifikan, sehingga buku teks ini layak direkomendasikan sebagai strategi pembelajaran yang berkelanjutan untuk memperkuat pengembangan karakter anak di sekolah dasar.

Kata kunci: karakter kontrol diri, peradaban jembatan, *Project-Based Learning* (PjBL)

**ABSTRACT**

**DEVELOPMENT OF A BOOK ON BRIDGE CIVILISATION BASED ON  
PROJECT BASED LEARNING TO IMPROVE SELF-CONTROL  
CHARACTER**

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*Self-control is an individual's ability to control their behaviour, resist negative impulses, think before acting, and act according to their conscience. However, low self-control among students is still commonly found and affects their social behaviour. This study aims to develop a textbook on bridge civilisation based on Project-Based Learning (PjBL) to improve the self-control character of primary school students. The study uses the ADDIE (Analyse, Design, Develop, Implement, and Evaluate) type of Research & Development (R&D) method. The research subjects involved ten certified teachers as respondents for needs analysis, ten experts for expert judgement, fourth-grade students from a public elementary school in Yogyakarta (fourth-grade class B as the control group and fourth-grade class C as the experimental group) at the implementation stage, and students' parents as respondents for the self-control character questionnaire.*

*The results showed that 1) the bridge civilisation textbook was developed through the ADDIE stages, 2) the quality of the book was rated as 'Very Good' by experts and teachers with a score of 3.78 (scale of 1-4), so it did not require revision, 3) the application of the textbook had a positive and significant effect on students' self-control character ( $p < 0.05$ ), categorised as a 'large' effect ( $r = 0.742$  or equivalent to 55%), the effectiveness of the n-gain score was categorised as "low" in the control group (0.238) and moderate in the experimental group (0.665), and the consistency between assessors was categorised as 'high' ( $\alpha = 0.760$ ), and the z-score analysis per indicator showed that the control group was negative (-0.11 to -1.52) and the experimental group was predominantly positive (0.00 to 1.9) with one negative indicator (-0.22). Based on the research results, the development of a PjBL-based bridge civilisation textbook effectively improved self-control character significantly, making this textbook worthy of recommendation as a sustainable learning strategy to strengthen character development in primary school students.*

*Keyword: self-control character, bridge civilisation, Project-Based Learning (PjBL)*