

ABSTRAK

Anggraeni, Tria, Eva. 2019. *Efektivitas Strategi Self Management Untuk Meningkatkan Kedisiplinan Belajar Siswa Di Rumah*. Skripsi. Program Studi Bimbingan dan Konseling. Universitas PGRI Adi Buana Surabaya. Pembimbing Drs. H. Sutijono, MM

Penelitian ini dilatarbelakangi oleh rendahnya kedisiplinan belajar di rumah, rendahnya kedisiplinan belajar di rumah dikarenakan subjek peneliti ini sangat hobi dengan main game online. Peneliti melakukan proses konseling individu dengan menggunakan strategi self-management. Tujuan dari penelitian ini adalah untuk mengetahui hasil efektivitas strategi self-management untuk meningkatkan kedisiplinan belajar siswa di rumah.

Penelitian ini menggunakan rancangan metode penelitian desain subyek tunggal memfokuskan pada data individu sebagai sampel penelitian. Pada penelitian dengan desain subyek tunggal selalu dilakukan perbandingan antara fase baseline dengan sekurang-kurangnya satu fase intervensi. Peneliti menggunakan desain a-b adalah dasar single subyek design (a=kondisi baseline, b= kondisi intervensi).

Teknik yang digunakan dalam pengumpulan data adalah observasi dan memberi angket kedisiplinan belajar kepada subjek penelitian untuk mengetahui profil kedisiplinan belajar di rumah yang dimaksud penelitian. Peneliti memberi angket kepada subjek penelitian sebelum treatment dan sesudah treatment guna untuk mengetahui hasil intervensi dan baseline pada subjek peneliti.

Jadi hasil penelitian ini dapat disimpulkan bahwa terjadi peningkatan setelah melakukan treatment. Layanan konseling individu dengan strategi self-management dapat meningkatkan kedisiplinan belajar di rumah. Pengaruh layanan konseling individu dengan strategi self-management ini ditandai dengan adanya peningkatan kedisiplinan belajar di rumah. Hal ini dapat dilihat dari perbedaan dan perbandingan antara hasil *baseline* dan *intervensi*.

Kata Kunci: *self-management, kedisiplinan belajar siswa di rumah*

ABSTRACT

Anggraeni, Tria, Eva. 2019. Effectiveness of Self Management Strategies to Improve Student Learning Discipline at Home. Essay. Guidance and Counseling Study Program. University of PGRI Adi Buana Surabaya. Advisor Drs. H. Sutijono, MM

This research was motivated by the low discipline of learning at home, the low level of discipline at home learning because the subject of this research was a hobby with playing online games. In order to overcome this problem the researcher conducted an individual counseling process using self-management strategies. The purpose of this study was to determine the results of the effectiveness of self-management strategies to improve student learning discipline at home.

This study uses a single subject design research method design focusing on individual data as a research sample. In studies with a single subject design a comparison is always made between the baseline phase and at least one intervention phase. Researchers using the a-b design are the basis of the single subject design (a = baseline condition, b = intervention condition).

The technique used in data collection was observation and giving questionnaires to learning discipline to the research subjects to find out the profile of discipline at home learning in the purpose of the study. The researcher gave a questionnaire to the subject of the study before treatment and after treatment to find out the results of the intervention and the baseline on the subject of the researcher.

So the results of this study can be concluded that there is an increase after treatment. Counseling services for individuals with self-management strategies can improve discipline at home. The influence of individual counseling services with self-management strategies is characterized by an increase in discipline at home learning. This can be seen from the differences and comparisons between baseline and intervention results.

Keywords: self-management, student learning discipline at home