

ABSTRAK

Lailiyah, Khusnul Habdiyanti. 2024. *Penggunaan Strategi Self-Management Dalam Konseling Individu Untuk Meningkatkan Self-Directed Learning Pada Siswa*. Program Studi Bimbingan dan Konseling. Fakultas Ilmu Pendidikan. Universitas PGRI Adi Buana Surabaya. Dosen Pembimbing Dr. Cindy Asli Pravesti, S.Pd., M.Pd.

Kata Kunci: *Self-Management*, Konseling Individu, *Self-Directed Learning*

Penelitian ini berfokus pada penggunaan strategi *self-management* dalam konseling individu untuk meningkatkan *self-directed learning* pada siswa. Pendekatan dalam penelitian ini menggunakan metode kualitatif deskriptif, subjek dalam penelitian ini yaitu siswa kelas 11 IPS SMA Wachid Hasyim 5 Surabaya yang memiliki *self-directed learning* yang rendah. Subjek dalam penelitian ini ditentukan dengan cara menggunakan angket, yang telah disebar dan berdasarkan hasil wawancara dan observasi serta didukung dengan dokumentasi sehingga mendapatkan subjek penelitian berinisial RSP yang merupakan siswa dengan *self-directed learning* yang rendah. Tahapan konseling individu dalam strategi *self-management* yaitu tahap pembentukan, tahap peralihan, tahap kegiatan, dan tahap penutupan. Adapun teknik *self-management* yang digunakan, yaitu *self-monitoring*, *self-contracting*, *self-reward*, dan *evaluation*. Keabsahan data dalam penelitian ini menggunakan triangulasi. Hasil dari penelitian ini adalah adanya perubahan setelah diberikan layanan konseling individu menggunakan strategi *self-management* konseli dapat mengatur waktu yang dimiliki, kapan konseli harus belajar dan kapan harus melakukan aktivitas lain. Serta konseli sudah mulai rajin untuk belajar dan mengerjakan tugas secara mandiri.

ABSTRACT

Lailiyah, Khusnul Habdiyanti. 2024. *Use of Self-Management Strategies in Individual Counseling to Improve Self-Directed Learning in Students. Guidance and Counseling Study Program. Faculty of Education. PGRI Adi Buana University Surabaya. Supervisor Dr. Cindy Asli Praavesti, S.Pd., M.Pd.*
Keywords: Self-Management, Individual Counseling, Self-Directed Learning

This study focused on the use of self-management strategies in individual counseling to improve self-directed learning in students. The approach in this study uses descriptive qualitative methods, the subjects in this study are grade 11 social studies students of SMA Wachid Hasyim 5 Surabaya who have low self-directed learning. The subjects in this study were determined by using questionnaires, which have been disseminated and based on the results of interviews and observations and supported by documentation so as to obtain research subjects with the initials RSP who are students with low self-directed learning. The stages of individual counseling in self-management strategy are the formation stage, transition stage, activity stage, and closing stage. The self-management techniques used, self-monitoring, self-contracting, self-reward, and evaluation. The validity of the data in this study used triangulation. The result of this study is that there is a change after being given individual counseling services using self-management strategies, counseling can manage the time they have, when counsellors should study and when to do other activities. And counsellors have begun to be diligent in studying and doing tasks independently.