

## ABSTRAK

### ANALISIS TINGKAT *SELF-REGULATION* MAHASISWA PADA UNIT KEGIATAN MAHASISWA TAPAK SUCI DI UNIVERSITAS LAMPUNG

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Masalah dalam penelitian ini adalah belum optimalnya kemampuan self-regulation mahasiswa aktif UKM Tapak Suci Universitas Lampung dalam menyeimbangkan tuntutan akademik dan kegiatan organisasi. Penelitian ini bertujuan untuk mendeskripsikan tingkat self-regulation mahasiswa aktif UKM Tapak Suci Universitas Lampung secara keseluruhan, berdasarkan jenis kelamin, dan pada masing-masing aspek, yaitu Self-Diagnostic Function, Self-Motivating Function, Valence of the Behavior, Self-Reaction Influence, dan Evaluative Executive Control System. Penelitian ini menggunakan pendekatan kuantitatif deskriptif-inferensial dengan populasi 150 mahasiswa aktif dan sampel 100 mahasiswa yang dipilih melalui simple random sampling. Instrumen pengumpulan data berupa angket skala Likert 4 poin dengan 36 item pernyataan yang diadaptasi dari teori Bandura dan Zimmerman. Seluruh item dinyatakan valid dengan r-hitung lebih besar dari r-tabel 0,349 dan memiliki koefisien reliabilitas Cronbach's Alpha sebesar 0,956. Analisis data menggunakan deskriptif persentase dan One-Sample T-Test yang telah memenuhi uji normalitas Kolmogorov-Smirnov. Hasil penelitian menunjukkan tingkat self-regulation mahasiswa secara keseluruhan berada pada kategori sedang dengan persentase 71% dan nilai rata-rata 106,07. Hasil One-Sample T-Test menunjukkan t-hitung 10,000 dengan signifikansi 0,000, yang berarti tingkat self-regulation secara statistik lebih tinggi dari kategori rendah. Berdasarkan jenis kelamin, mahasiswa perempuan maupun laki-laki sama-sama didominasi kategori sedang. Pada tiap aspek, seluruhnya berada pada kategori sedang, dengan Self-Diagnostic Function sebagai aspek terkuat dan Evaluative Executive Control System sebagai aspek yang paling perlu ditingkatkan. Kesimpulannya, mahasiswa aktif UKM Tapak Suci Universitas Lampung telah memiliki kemampuan dasar self-regulation, namun masih perlu pengembangan lebih lanjut agar lebih optimal.

**Kata kunci:** *self-regulation*, mahasiswa, UKM Tapak Suci, Universitas Lampung

## **ABSTRACT**

### ***Analysis of the Level of Student Self-Regulation in the Tapak Suci Student Activity Unit at the University of Lampung***

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*The problem in this study was that the self-regulation ability of active students in the Tapak Suci Student Activity Unit at the University of Lampung had not been optimal in balancing academic demands and organizational activities. This study aimed to describe the level of selfregulation of active Tapak Suci students at the University of Lampung overall, by gender, and for each aspect, namely Self-Diagnostic Function, Self-Motivating Function, Valence of the Behavior, Self-Reaction Influence, and Evaluative Executive Control System. The study employed a descriptive-inferential quantitative approach with a population of 150 active students and a sample of 100 students who were selected through simple random sampling. The data collection instrument was a 4-point Likert scale questionnaire with 36 statement items adapted from the theories of Bandura and Zimmerman. All items were declared valid with rcalculated greater than the r-table of 0.349 and had a Cronbach's Alpha reliability coefficient of 0.956. Data analysis used percentage descriptive statistics and a One-Sample T-Test after meeting the Kolmogorov–Smirnov normality test. The results showed that the overall level of students' self-regulation was in the moderate category with a percentage of 71% and a mean score of 106.07. The One-Sample T-Test result showed  $t = 10.000$  with significance = 0.000, which meant that the level of self-regulation was statistically higher than the low category. By gender, both female and male students were dominated by the moderate category. For each aspect, all were in the moderate category, with Self-Diagnostic Function as the strongest aspect and Evaluative Executive Control System as the aspect that most needed improvement. In conclusion, active Tapak Suci students at the University of Lampung had possessed basic selfregulation abilities, but further development was still needed to make them more optimal.*

***Keywords:*** *self-regulation, students, Tapak Suci Student Activity Unit, University of Lampung*