ABSTRAK

PENGEMBANGAN MODUL KETERAMPILAN *INTRAPERSONAL* *"SELF CONTROL"* PADA MAHASISWA TINGKAT AKHIR DI FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN UNIVERSITAS LAMPUNG

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Dalam meningkatkan keterampilan *self control,* mahasiswa perlu adanya pedoman berupa modul yang dapat digunakan secara individu maupun kelompok. Keterampilan *self control* yang akan dikembangkan dalam modul meliputi materi keterampilan menunda kesenangan dan mengelola stress dan kecemasan. Tujuan dari penelitian ini yaitu untuk mengembangkan modul dalam meningkatkan keterampilan *intrapersonal* "*self control*" pada mahasiswa tingkat akhir FKIP Universitas Lampung. Metode pengembangan yang digunakan yaitu model ADDIE *(Analysis, Desaign, Development, Implementation, and Evaluation).* Subyek dalam penelitian ini sebanyak 15 mahasiswa pada semester 6-8, subjek dipilih dengan teknik *purposive sampling*. Teknik pengumpulan data menggunakan penyebaran kuisioner dan validasi modul. Hasil penelitian validasi ahli materi, diperoleh nilai rata-rata v = 0.75 ; 0.66 ≤ v ≤ 0.73 dengan kriteria valid. Selanjutnya berdasarkan penilaian ahli media diperoleh nilai v = 0.91 ; 0.83 ≤ v ≤ 0.92 dengan kriteria valid. Dan modul dinyatakan praktis dari hasil kuisioner respon mahasiswa dengan nilai persentase 75%. Berdasarkan hasil tersebut, dapat disimpulkan bahwa modul keterampilan intrapersonal *self control* pada mahasiswa tingkat akhir di Fakultas Keguruan dan Ilmu Pendidikan Universitas Lampung dapat menjadi sarana pembelajaran meningkatkan kesiapan kerja mahasiswa.

Kata kunci: modul, *self control*, kesiapan kerja.

ABSTRACT

MODULE DEVELOPMENT OF INTRAPERSONAL SKILLS "SELF CONTROL" FOR FINAL YEAR STUDENTS AT THE FACULTY OF TEACHER TRAINING AND EDUCATION UNIVERSITY OF LAMPUNG

By

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In improving self-control skills, students need guidelines in the form of modules that can be used individually or in groups. The self-control skills that will be developed in the module include material on the skills of delaying pleasure and managing stress and anxiety. The purpose of this research is to be able to design development modules to improve intrapersonal "self control" skills in final year students of FKIP, University of Lampung. The development method used is the ADDIE model (Analysis, Design, Development, Implementation, and Evaluation). The subjects in this study were 15 students in semesters 6-8, the subjects were selected by purposive sampling technique. Data collection techniques using questionnaires and validation modules. The results of the material expert validation research obtained an average value of $v = 0.75$; $0.66 \leq v \leq 0.73$ with valid criteria. Furthermore, based on the media expert's assessment, the value of $v = 0.91$ was obtained; $0.83 \leq v \leq 0.92$ with valid criteria. And the module is declared practical with a proportion value of 75%. Based on these results, it can be concluded that the intrapersonal self control skill module for final year students at the Faculty of Teacher Training and Education, University of Lampung can be a learning tool to increase student work readiness

Keywords: module, self control, work readiness.