

ABSTRAK

ANALISIS ASPEK KONTROL DIRI MAHASISWA PERANTAUAN YANG MENJALIN HUBUNGAN RELASI ROMANTIS

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Permasalahan utama mahasiswa perantauan adalah ketidakseimbangan kontrol diri dalam menjalin hubungan relasi romantis pada mahasiswa perantauan. Penelitian ini menganalisis kontrol diri mahasiswa perantauan Jurusan Ilmu Pendidikan FKIP Universitas Lampung dalam menjalin hubungan relasi romantis, dengan fokus pada tiga dimensi kontrol diri: kognitif, perilaku, dan pengambilan keputusan. Hasil penelitian menunjukkan kontrol perilaku mendominasi (53,57%), diikuti kontrol kognitif (34,52%), dan kontrol pengambilan keputusan (11,90%). Temuan menarik adalah adanya "kontrol diri adaptif" melalui kedekatan emosional dalam hubungan (20,69%) sebagai strategi mengelola stres perantauan, serta "kontrol sosial internal" melalui kesadaran tanggung jawab moral (17,24%) sebagai kompensasi minimnya pengawasan eksternal. Penelitian ini menyarankan pengembangan program bimbingan konseling berbasis observasi perilaku dan persepsi mahasiswa, peningkatan komunikasi keluarga sebagai kontrol diri jarak jauh, serta edukasi manajemen emosi dalam hubungan romantis. Implikasi praktis penelitian ini adalah pengembangan intervensi bimbingan konseling untuk memperkuat kontrol diri mahasiswa perantauan.

Kata kunci: Kontrol Diri, Hubungan relasi romantis, Mahasiswa

ABSTRACT

ANALYSIS OF SELF-CONTROL ASPECTS OF MIGRANT STUDENTS IN ROMANTIC RELATIONSHIPS

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A primary issue for out-of-town students is the imbalance of self-control in managing romantic relationships. This study analyzes the self-control of out-of-town students from the Education Department, Faculty of Teacher Training and Education (FKIP), University of Lampung, in navigating romantic relationships, focusing on three dimensions of self-control: cognitive, behavioral, and decision-making. The results show that behavioral control was dominant (53.57%), followed by cognitive control (34.52%), and decision-making control (11.90%).

Interesting findings include the presence of "adaptive self-control" through emotional closeness in relationships (20.69%) as a strategy to manage the stress of living away from home, as well as "internal social control" through an awareness of moral responsibility (17.24%) as compensation for the lack of external supervision. This study recommends the development of guidance and counseling programs based on behavioral observation and student perceptions, enhancing family communication as a form of long-distance self-control, and education on emotion management in romantic relationships. The practical implication of this research is the development of guidance and counseling interventions to strengthen the self-control of out-of-town students.

Keywords: *Self-Control, Romantic Relationship, University Student.*