

THE INFLUENCE OF “*TIGA FASE REGULASI DIRI*” TRAINING ON SELF REGULATED LEARNING. STUDY ON STUDENT THAT HIGHLY INVOLVED WITH GAME FROM JUNIOR HIGH SCHOOL X.

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Abstract

Student's incapability to regulate themselves is one of the cause that make them to playing game more than study. Gaming activities take student's time to complete learning tasks. To be able to regulate themselves, they need to have self regulated learning. Early studies showed that self regulated learning training program can increase student's self regulation (self regulated learning), which further facilitate student's learning. The aim of this quasi experimental study was to know the influence of “*Tiga Fase Regulasi Diri*” training program on student's self regulated learning that highly involved with game. “*Tiga Fase Regulasi Diri*” is an adaptation from training program that developed by Zimmerman on 1996. Self regulated learning questionnaire was given as pre-test and post-test to measure student's self regulated learning. In this training program, students learn to apply cycle of self regulated learning in their daily life to create an ability to regulate themselves learning effectively. Participant of this study consist of eight students as experimental group and forty seven students as control group. This **selection** based on game addiction questionnaire result. The results of this study show the influence of “*Tiga Fase Regulasi Diri*” training program in improving student's self regulated learning. Based on the study result, it is suggested to give “*Tiga Fase Regulasi Diri*” training program for student to decrease their game addiction.

Keywords: Self, Regulated, Learning, adolescents, game