(RESEARCH ARTICLE)

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The relationship of self-control with learning achievement students

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Abstract

The purpose of this study was to determine the relationship between self-control and learning achievement of class VIII students of SMP Negeri 20 Pekanbaru. The population of this study were students of class VIII SMP Negeri 20 Pekanbaru in the 2019/2020 academic year, totaling 318 students. The sample in this study was 76 students using a random sampling technique. The data collection method in this study used a questionnaire. Data analysis technique using chi Square correlation analysis. The results showed that students' self-control was in the high category with a percentage of 80.2% and student achievement in the very good category with a total percentage of 90.8%, so there was a positive and significant relationship between self-control and learning achievement with p value 0.011 < 0.05 (significance level 5%). Students are expected to increase their self-control in dealing with various responsibilities.

Keywords: Relationship; Self-Control; Learning Achievement; Students

1. Introduction

Adolescence is also known as a transition period. During adolescence, many changes occur within a person. This is in accordance with what Santrock (2007) stated that adolescence is a period of developmental transition between childhood and adulthood which involves biological, cognitive and emotional changes.[1]

Development teenager marked with existence a number of behavior good, good behavior in demand positive and also behavior negative behavior . This is because at this time teenager currently experiencing the fivefold period roba from childhood to adolescence . Behavior Like against,anxious,period unstable, often hit teenagers at this time . However Thus,the development behavior this, on basically very much influenced by the existence of originating treatments from The environment, at this stage of development, must be supported by parents' understanding of the conditions of teenagers who are searching for their identity.[2]

Simply put control self-talk about How participant educate control emotion as well as encouragement from in himself, control myself as well ability participant educate For press or functioning prevent behavior act according to one 's heart or whatever you want . Participant educate can transform himself to more direction Good with start control self in various matter always think positive, no easy offended, no play in a way excessive, no egocentric or fair treat other colleagues . Control self-kind of helpful attributes participant educate For control thoughts and behavior on impulse from outside . when participant educate capable withhold temptation For play in a way excessive and wanting free in choice his behavior For want performance and results maximum learning [3]

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Chaplin explains control self is ability For guide behavior in demand alone, ability For press or to hinder impulses or behavior in demand impulsive . So, control self is a control behavior in demand someone who tends to act positive in think [4]

The results of *the Program for International Assessment (PISA) research* in 2015 showed that ability reading, solving question mathematics, and science knowledge 15 year old Indonesian child is at below the average of 72 other countries with score 397. Indonesia is ranked 69th out of 72 countries, Indonesia 's position is also lagging behind Far from neighboring countries namely Singapore, Brunei and Malaysia [5]

Performance Study is results learning achieved after through the process of activities Study teaching . Achievement Study can show through grades given by a teacher from amount field studies that have been studied by participant educate [6]

Based on the Ducation Index issued by the Human Development Reports in 2017, Indonesia is in the position seventh in ASEAN with a score of 0.622. The highest score achieved by Singapore, namely of 0.832. Rank second occupied by Malaysia (0.719) and followed by Brunei Darussalam (0.704). In the position fourth there are Thailand and the Philippines, You're welcome to own a score of 0.661 [7]

National Examination Score Achievements Throughout eye lessons at level School Intermediate First (SMP) State and Private, from the data of the Ministry of Education and Culture (Kemendikbud) National in 2016 the average value was 62.37. Data from Riau Province in 2017 the average value was 53.93. Data from Pekanbaru City year 2018 average score 54.47. Data from SMP Negeri 20 Pekanbaru 2019 average score 58.08 [8]

Performance Study influenced by various factors, according to Walgito factors that influence performance Study student consists of from : health physical, fatigue, motivation, interest, concentration, *natural curiosity, self-confidence, self-control,* intelligence, memory, place, equipment study, atmosphere, time learning, discipline, support social and socializing [9]

This theory supported from results Arum's research (2016) on connection between control self with performance Study student Class VIII School Intermediate First State 3 Bantul with p = 0.000 more small from 0.05.. This is reinforced by research conducted (Intani & Ifdil 2018) regarding Connection control self with performance Study students of State Senior High School 7 Padang. The results of the study revealed there is positive relationship in a way significant between control self with performance Study student with mark pv = 0.000 at α = <0.05[4]

Survey the beginning of what was done Researchers at SMP Negeri 20 Pekanbaru on July 29 2020 found 318 students sitting on the benches in class VIII, interviewed to 5 students about How controlling himself as a teenager and student when a friend invited them to play, 2 female students answer by making a special schedule for playing and studying, 1 student I answer If there is an assignment, I usually finish it first, then after that I play, 1 student answer I would refuse if I had an assignment and would choose to just play at home, but 1 student answer I will join in playing, because for me studying at school is enough.

Based on explanation above, problem control self with performance Study Still need examined, whether control self Can increase performance Study student or no . Then the researcher interested For now connection control self to performance Study students at State Middle School 20 Pekanbaru.

2. Research Methods

Types of research used in study This use method analytic quantitative, with use design cross sectional Population in research This is all over student class VIII at SMP Negeri 20 Pekanbaru totaling 318 students . The research sample consisted of 76 respondents with a random sampling technique for collecting data using a questionnaire.

3. Research Result

3.1. General Data

Table 1 Distribution Frequency Age and type sex Respondents based on Characteristics Students at SMP Negeri 20 Pekanbaru in 2020

Gender	F	Persentase(%)
Man	27	35.5
Woman	49	64.5
Total	76	100%
Age		
13 years	33	43.4
14 years	36	47.4
15 years	5	6.6
16 years	2	2.6
Total	76	100%

Source : Primary Data (2020)

Based on table 4.1 can see that majority Respondent various sex Woman as many as 49 people (64.5%) the majority Respondent 14years old as many as 36 people (47.4%).

3.2. Univariate Analysis

3.2.1. Self-Control

Table 2 Distribution Frequency Student Self Control Grade VII in Public Middle School Pekanbaru 2020

F	Score	(%)	Category
≥23	7	9.2	Very High
18-22	57	57.2	Height
13-17	12	15.8	Moderate
Total	7	100%	

Source : Primary Data, 2020

Based on table 2, can know that majority respondents who have control self currently as many as 56 people (47.4%).

3.3. Performance Study

Table 3 Distribution Frequency Performance Study Students at SMP Negeri 20 New York Year 2020

Predicate	F	(%)	
≥80	69	90.8	Very Good
70-79	6	7.9	Good
≤69	1	1.3	Enough
Total	76	100%	

Source : Primary Data, 2020

Based on table 3, known majority Respondent own performance study very well as many as 69 people (90.8%).

3.4. Analysis Bivariate

Table 4 Connection Self Control with Achievement Study Student Class VIII at State Middle School 20 Pekanbaru Year 2020

Self-Control	Performance							
	Very good		Good		Enough		Total	
	N	%	N	%	N	%	%	P Value
Very high	7	10.1	0	0	0	0	9.2	0.011
Tall	57	82.6	6	9.5	6	0	82.9	
Currently	5	7.2	0	7.2	0	1	7.9	
Total	69	90.8%	6	7.9%	1	1.3	100	

Source : Primary Data, 2020

Based on table 4, can see that The majority of respondents with high Self-Control were 57 people (80.2%) and respondents with very good Learning Achievement were 69 people (90.8%). The results of the statistical test were obtained mark p value i 0.0 11 so can concluded that there is significant relationship between control self with performance Study student

4. Discussion

Based on results research conducted at SMP Negeri 20 Pekanbaru In 2020, of 76 respondents, it was found that that all over Respondent in study This part big student various sex Woman as many as 49 people (64.5 %), were aged 14 years as many as 36 people (47.4%).

The data obtained also shows that part big control self-student class VIII in the category tall that is as many as 5 7 people (80.2 %), and students who achieved very well as many as 69 people (90.8%). Based on *chi* test analysis *square* obtained p value or significance 0.0 11 < 0.05, then Ho is rejected It means there is connection significant positive between control self with performance Study student class VIII at SMP Negeri 20 Pekanbaru . The size correlation meaningful if control self-high, then performance learning is also high, and vice versa if control self-low so performance learning is also low.

According to Rianti and Rahardjo (2014), students who have control high self, they will more behave positively and be able responsible answer, such as not quite enough answer as a student is learn, even though faced with with things negative student the capable For control, organize and choose what is useful and what is not . useful, where only that makes achievements and what is damaging achievement . If a person student No own A control yourself, then it can have a big influence on the value, the results or performance learn, because a students who have control self-low will easy affected .[10]

Based on results research conducted by Arum (2016) regarding connection between control self with performance Study student Class VIII School Intermediate First State 3 Bantul shows existence connection significant positive between control self with performance Study with p value = 0.000 more small from 0.05. This is supported by research conducted (Intani & Ifdil 2018) [4]regarding Connection control self with performance Study students of State High School 7 Padang from results study disclose there is positive relationship in a way significant between control self with performance Study student with mark pv = 0.000 at α = <0.05.

According to assumption researcher based on research that has been done that student class VIII at SMP Negeri 20 Pekanbaru can control behavior act, be able reject encouragement from in and also from outside himself and think positive . This is can see from answer questionnaire that has been shared to respondents . The majority student own performance very good study proven through results achievement students on grades even semester report card then, Control self a very tall students influential on the process and results learning . The more tall control self the more Good performance Study students, with thus control good self can increase performance Study student .

5. Conclusion

Majority Respondent own control self-tall namely 5 7 people (80.2 %). and the majority of achievements study very well as many as 69 people (90.8%), yes connection significant positive between control self with performance Study students with p value 0.011 .

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

Statement of informed consent

Informed consent was obtained from all individual participants included in the study.

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