

ABSTRAK

Yusnia Farida. 190541100055. Hubungan *Self Regulated Learning* dengan *Quarter Life Crisis* Mahasiswa Psikologi Hampir *Drop Out* Universitas Trunojoyo Madura. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura. 2023.

Mahasiswa yang belum lulus hingga berada pada masa hampir *drop out* berkemungkinan mengalami *quarter life crisis* sehingga dalam dunia pendidikan *self regulated learning* menjadi penting agar dapat meminimalisir efek dari *quarter life crisis*. Penelitian ini bertujuan untuk mengetahui adanya hubungan antara *self regulated learning* dengan *quarter life crisis* bagi mahasiswa psikologi yang hampir *drop out* di Universitas Trunojoyo Madura. Penelitian ini termasuk jenis penelitian kuantitatif dengan menggunakan teknik korelasi. Subjek penelitian yang digunakan merupakan Mahasiswa Psikologi Universitas Trunojoyo Madura yang hampir *drop out* yakni 25 orang mahasiswa tahun angkatan 2016. Penentuan sampel pada penelitian ini menggunakan teknik sampling jenuh dengan pengumpulan data menggunakan skala *quarter life crisis* dan skala *self regulated learning*. Didapatkan bahwa skala *quarter life crisis* memiliki nilai reliabilitas sebesar 0,984 dan skala *self regulated learning* memiliki nilai reliabilitas sebesar 0,891. Kemudian teknik analisis dalam penelitian ini menggunakan korelasi *spearman rank*. Didapatkan nilai r sebesar 0,031 dan nilai signifikansi sebesar 0,882 yang artinya H_a ditolak dan H_o diterima. Dapat disimpulkan bahwa tidak terdapat hubungan antara *self regulated learning* dengan *quarter life crisis* pada mahasiswa program studi psikologi di Universitas Trunojoyo Madura yang hampir mengalami *drop out*.

Kata kunci : *self regulated learning, quarter life crisis, drop out*

ABSTRACT

Yusnia Farida. 190541100055. Relationship Between Self-Regulated Learning And Quarter Life Crises For Students Psychology Who Almost Drop Out At Trunojoyo University, Madura. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura. 2023.

Students who have not graduated until they are about to drop out are likely to experience a quarter life crisis so that in the world of education self-regulated learning is important in order to minimize the effects of a quarter life crisis. This study aims to determine the relationship between self-regulated learning and quarter life crisis for students who almost dropped out at Trunojoyo Madura University. This research is a type of quantitative research using correlation techniques. The research subjects used were Psychology Students of Trunojoyo Madura University who almost dropped out, namely 25 students in the class of 2016. Sampling in this study used saturated sampling techniques with data collection using the quarter life crisis scale and the self-regulated learning scale. It was found that the quarter life crisis scale had a reliability value of 0.984 and the self-regulated learning scale had a reliability value of 0.891. Then the analysis technique in this study uses spearman rank correlation. An r value of 0.031 and a significance value of 0.882 are obtained, which means that H_a is rejected and H_o is accepted. It can be concluded that there is no relationship between self-regulated learning and quarter life crisis in 25 psychology study program students at Trunojoyo Madura University who almost dropped out.

Keywords: self regulated learning, quarter life crisis, drop out