

Abstrak

Eka Rizki Hidayati 200541100058. Pengaruh *Self Regulated Learning* Terhadap Motivasi Belajar Mahasiswa Universitas Trunojoyo Madura Yang Mengikuti Program Belajar Tahfidz Di Pesantren Mahasiswa. Skripsi. Program studi Psikologi Universitas Trunojoyo Madura.2024

Santri mahasiswa yang mengikuti program Tahfidz Al-Qur'an dituntut untuk dapat mengatur waktu belajar dengan baik, karena selain sebagai mahasiswa yang harus mematuhi tugas perkuliahan, mereka juga harus menjalankan kewajiban sebagai santri, seperti mengikuti program hafalan Al-Qur'an. Penelitian ini bertujuan untuk mengkaji pengaruh *Self Regulated Learning* terhadap motivasi belajar mahasiswa Universitas Trunojoyo Madura (UTM) yang mengikuti program tahfidz di pesantren mahasiswa. Penelitian ini menggunakan pendekatan kuantitatif dengan instrumen penelitian berupa skala *Self Regulated Learning* dan skala motivasi belajar. Responden penelitian ini berjumlah 110 mahasiswa yang berasal dari 4 pondok pesantren di sekitar kampus. Analisis data dilakukan dengan menggunakan program SPSS Statistics versi 24. Hasil uji regresi linier sederhana menunjukkan nilai R^2 sebesar 0,102, yang mengindikasikan bahwa *Self Regulated Learning* memiliki pengaruh sebesar 10,2% terhadap motivasi belajar. Selain itu, nilai F sebesar 11,277 dengan tingkat signifikansi 0,001 ($p < 0,05$), yang menunjukkan pengaruh yang signifikan. Sebanyak 15% mahasiswa memiliki *Self Regulated Learning* dengan kategori tinggi, 70% pada kategori sedang dan 15% pada kategori rendah, sementara motivasi belajar kategori tinggi tinggi 20%, pada kategori sedang 64%, dan pada kategori rendah 16%. Hasil penelitian ini menunjukkan bahwa *Self Regulated Learning* berpengaruh positif terhadap motivasi belajar, di mana mahasiswa yang dapat mengatur waktu dan kegiatan belajarnya cenderung memiliki motivasi belajar yang lebih tinggi.

Kata Kunci ; *Self-Regulated Learning*, Motivasi Belajar, Tahfidz, Mahasiswa, Universitas Trunojoyo Madura.

Abstract

Eka Rizki Hidayati 200541100058. *The Influence of Self-Regulated Learning on the Learning Motivation of Trunojoyo University Madura Students Who Follow the Tahfidz Learning Program at the Student Islamic Boarding School. Thesis. Psychology Study Program, Trunojoyo University Madura.2024*

Students who follow the Tahfidz Al-Qur'an program are required to be able to manage their study time well, because in addition to being students who must comply with lecture assignments, they also have to carry out their obligations as students, such as following the Al-Qur'an memorization program. This study aims to examine the effect of Self Regulated Learning on the learning motivation of students at Trunojoyo University, Madura (UTM) who follow the tahfidz program at the student boarding school. This study uses a quantitative approach with research instruments in the form of a Self Regulated Learning scale and a learning motivation scale. The respondents of this study were 110 students from 4 Islamic boarding schools around the campus. Data analysis was carried out using the SPSS Statistics version 24 program. The results of the simple linear regression test showed an R^2 value of 0.102, which indicates that Self Regulated Learning has an influence of 10.2% on learning motivation. In addition, the F value is 11.277 with a significance level of 0.001 ($p < 0.05$), which indicates a significant influence. As many as 15% of students have Self Regulated Learning with a high category, 70% in the medium category and 15% in the low category, while the learning motivation in the high category is 20%, in the medium category 64%, and in the low category 16%. The results of this study indicate that Self Regulated Learning has a positive effect on learning motivation, where students who can manage their time and learning activities tend to have higher learning motivation.

Keywords; Self-Regulated Learning, Learning Motivation, Tahfidz, Students, Trunojoyo University Madura.