

HUBUNGAN ANTARA *SELF REGULATED LEARNING* DENGAN *FLOW* AKADEMIK PADA SISWA KELAS XI SMAN 2 KOTA SAWAHLUNTO

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui Hubungan antara *Self Regulated Learning* dengan *Flow Akademik* pada Siswa SMAN 2 Sawahlunto Kelas X1. Penelitian ini dilakukan pada Siswa SMAN 2 Sawahlunto Kelas X1 dengan jumlah sampel 105 orang metode penelitian menggunakan penelitian kuantitatif dengan teknik pengambilan sampling *simple random sampling* yaitu, teknik pengambilan sampel yang memberikan peluang yang sama bagi setiap unsur (anggota) populasi untuk dipilih menjadi anggota sampel. Adapun alat ukur yang digunakan dalam penelitian ini adalah skala *self regulated learning* dan *flow* akademik. Hasil koefisien validitas pada skala *self regulated learning* berkisar antara 0,304 sampai dengan 0,562. Hasil koefisien validitas pada skala *flow* akademik berkisar antara 0,311 sampai dengan 0,837. Dengan koefisien reliabilitas skala *self regulated learning* sebesar 0,870 dan skala *flow* akademik sebesar 0,927. Berdasarkan hasil penelitian, diperoleh nilai korelasi yaitu sebesar $r = 0,696$ dengan taraf signifikan 0,000, uji hipotesis menunjukkan hubungan *self regulated learning* dengan *flow* akademik pada siswa SMAN 2 Sawahlunto hubungan keduanya adalah positif. Hal ini menunjukkan bahwa ada hubungan yang kuat dan berarah positif signifikan antara *self regulated learning* dengan *flow* akademik pada siswa kelas XI SMAN 2 Sawahlunto. Hal ini berarti hipotesis diterima, adapun besar sumbangan efektif dari variabel *self regulated learning* dengan *flow* akademik siswa kelas XI SMAN 2 Sawahlunto sebesar 48,44%.

Kata kunci : *Self Regulated Learning*, *Flow Akademik*, Sawahlunto, Siswa, SMAN 2

**THE RELATIONSHIP BETWEEN SELF-REGULATED LEARNING
WITH ACADEMIC FLOW OF CLASS XI STUDENTS OF SMAN 2
SAWAHLUNTO**

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ABSTRACT

This study aims to determine the relationship between self-regulated learning and academic flow among students in class X1 at SMAN 2 Sawahlunto. The study was conducted on students in Class X1 at SMAN 2 Sawahlunto, with a sample size of 105 participants. The research method employed quantitative research using simple random sampling, a technique that ensures each element (member) of the population has an equal chance of being selected as part of the sample. The measurement tools used in this study were the Self-Regulated Learning Scale and the Academic Flow Scale. The validity coefficient results for the self-regulated learning scale ranged from 0.304 to 0.562. The validity coefficient results for the academic flow scale ranged from 0.311 to 0.837. The reliability coefficient for the self-regulated learning scale was 0.870, and for the academic flow scale, it was 0.927. Based on the research results, a correlation value of $r = 0.696$ with a significance level of 0.000 was obtained. The hypothesis test showed a positive relationship between self-regulated learning and academic flow among students at SMAN 2 Sawahlunto. This indicates a strong and significant positive relationship between self-regulated learning and academic flow among 11th-grade students at SMAN 2 Sawahlunto. This means the hypothesis is accepted, and the effective contribution of the self-regulated learning variable to academic flow among 11th-grade students at SMAN 2 Sawahlunto is 48.44%.

Keywords: *Self-Regulated Learning, Academic Flow, Sawahlunto, Student, SMAN 2*