

**PELAKSANAAN *FULL DAY SCHOOL* DI SMA NEGERI 4 SINGARAJA  
MENINGKATKAN KELELAHAN DAN KEBOSANAN SERTA  
KONTRIBUSINYA TERHADAP PRESTASI BELAJAR SISWA KELAS XI  
MIPA**

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**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui pelaksanaan *full day school* di SMA Negeri 4 Singaraja meningkatkan kelelahan dan kebosanan serta kontribusinya terhadap siswa. Penelitian ini berupa eksperimental lapangan (*field eksperimental*) dengan rancangan *randomized pre and post test group design*, dilakukan penilaian berupa: (a) peningkatan kelelahan siswa akibat *full day school* yang didata dengan kuesioner *30 items of rating scale of general fatigues*; (b) peningkatan kebosanan dalam pembelajaran akibat *full day school* yang didata dengan kuesioner kebosanan dalam pembelajaran; (c) kontribusi kelelahan dan kebosanan terhadap prestasi belajar yang didata dengan soal tes pilihan ganda sebanyak 20 butir soal. Pendataan dilakukan sebelum dan sesudah pembelajaran terhadap 33 sampel selama 3 (tiga) hari. Data yang diperoleh dianalisis dengan uji *t-dependent sampel* pada taraf signifikansi 5%. Hasil penelitian menunjukkan bahwa terjadi peningkatan kelelahan sebesar 42,07%, kebosanan dalam pembelajaran adalah 33,70% ( $p < 0,05$ ), dan kontribusi terhadap prestasi belajar adalah 7,4% ( $p > 0,05$ ). Dengan demikian dapat disimpulkan bahwa pelaksanaan *full day school* di SMA Negeri 4 Singaraja meningkatkan kelelahan dan kebosanan serta kontribusinya terhadap prestasi belajar hanya sedikit.

Kata kunci: *Full day school*, kelelahan, kebosanan, prestasi belajar

**FULL DAY SCHOOL IMPLEMENTATION IN STATE SENIOR HIGH  
SCHOOL 4 SINGARAJA CAN INCREASE FATIGUE AND BOREDOM  
AND CONTRIBUTION TO THE ACHIEVEMENT OF LEARNING  
STUDENTS IN CLASS XI MIPA**

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**Abstract**

This research aims to determine the Implementation of full day school in state High school 4 Singaraja can increase fatigue and boredom and his contribution to students. This research in the form of experimental field with the design of randomized pre and post test group design, conducted an assessment of: (a) Increased student fatigue due to full day school with a 30 items of rating scale of general fatigues; (b) Increased boredom in learning due to full day school which is being data with quisioner boredom in learning; (c) The contribution of fatigue and boredom in the study achievement which is listed with the question of double choice test as much as 20 items. Data collection is done before and after study of 33 samples for 3 (three) days. The obtained Data is analyzed with a sample t-dependent test at a level of significance of 5%. The results showed that there was an increase in fatigue by 42.07%, boredom in learning was 33.70% ( $p < 0.05$ ), and contributions to the learning achievement were 7.4% ( $p > 0.05$ ). Thus it can be concluded that the implementation of Full day school in the state High school 4 Singaraja increased fatigue and boredom as well as its contribution to learning achievements only a little.

**Keywords:** Full Day School, Fatigue, Boredom, Learning Achievement