

# PENGEMBANGAN INSTRUMEN SKALA *SELF-MANAGEMENT* PADA SISWA SMP

Oleh

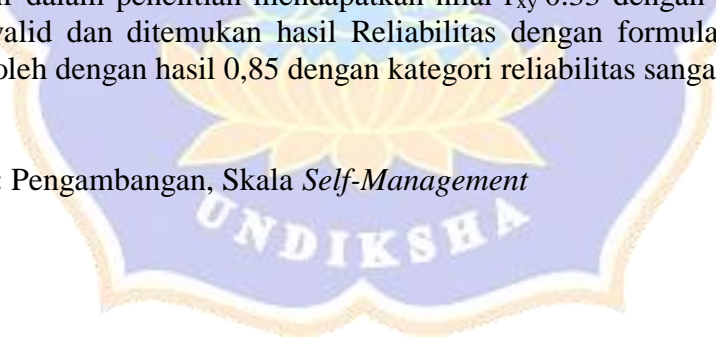
**Zulfi Qomariah**  
**NIM.1711011032**

**PROGRAM STUDI BIMBINGAN KONSELING**  
**JURUSAN ILMU PENDIDIKAN, PSIKOLOGI DAN BIMBINGAN**

## ABSTRAK

Penelitian ini bertujuan untuk mengetahui Deskripsi unsur-unsur tahapan pengembangan, validitas, reliabilitas Skala *Self-Management* pada siswa SMP. Metode yang digunakan dalam penelitian ini yaitu Metode *research and development (R&D)* dan menggunakan desain penelitian 10D yang terdiri dari 10 tahap yaitu: 1.*Research and information collecting*, 2.*Planning*, 3.*Develop preliminary form of product*, 4.*Preliminary testing*, 5.*Main product revision*, 6.*Main field testing*, 7.*Perational product revision*, 8.*Operational fiels testing*, 9.*Final product revisio*, 10.*Dissemination and implementation*. Pengumpulan data menggunakan metode Kuesioner, dengan Responden dalam penelitian ini berjumlah 200 responden dengan pengambilan data secara random dari SMP N 1 Seririt, SMP N 1 Banjar, dan SMP Laboraturium Undiksha. Uji Validitas isi dalam penelitian ini menggunakan Formula Lawshe dengan  $CVR = 1$  dan  $CVI = 1$ . Uji validitas butir dalam penelitian mendapatkan nilai  $r_{xy}$  0.33 dengan 40 item yang dinyatakan valid dan ditemukan hasil Reliabilitas dengan formula *Crombach's Alpha* di peroleh dengan hasil 0,85 dengan kategori reliabilitas sangat tinggi.

**Kata Kunci:** Pengembangan, Skala *Self-Management*



## **ABSTRACT**

*This study aims to determine the description of the elements of the stages of development, validity, reliability of the Self-Management Scale in junior high school students. The method used in this study is the research and development (R&D) method and uses a 10D research design consisting of 10 stages, namely: 1. Research and information collecting, 2. Planning, 3. Develop preliminary form of product, 4. Preliminary testing, 5. Main product revision, 6. Main field testing, 7. Perational product revision, 8. Operational fields testing, 9. Final product revision, 10. Dissemination and implementation. Data collection using the questionnaire method, with respondents in this study amounted to 200 respondents with random data collection from SMP N 1 Seririt, SMP N 1 Banjar, and SMP Laboraturium Undiksha. The content validity test in this study used Lawshe's Formula with  $CVR = 1$  and  $CVI = 1$ . The item validity test in this study obtained an rxy value of 0.33 with 40 items that were declared valid and found reliability results with Crombach's Alpha formula obtained with results of 0.85 with categories very high reliability.*

*Keywords: Floating, Self-Management Scale*

