

**ABSTRAK****PENGARUH *SELF-REGULATED LEARNING* TERHADAP  
PENYESUAIAN AKADEMIK SISWA SMK DI JAKARTA SELAMA  
PEMBELAJARAN *ONLINE***

Yeremias Anempir Akasaman Maranressy  
Program Studi Psikologi

Sekolah Menengah Kejuruan (SMK) merupakan jenjang pendidikan berbasis vokasi yang siswanya dilatih untuk siap kerja di bidang keahlian industri. Pada masa pandemi virus Covid-19 terjadi perubahan sistem pembelajaran dari tatap muka di sekolah menjadi pembelajaran *online* di rumah yang harus diikuti oleh siswa SMK, dimana siswa harus untuk lebih mandiri dalam pembelajaran dan menuntaskan segala tuntutan-tuntutan akademiknya. Tuntutan akademik tersebut mengharuskan siswa SMK memiliki penyesuaian akademik yang baik. Salah satu faktor yang mempengaruhi penyesuaian akademik ialah *self-regulated learning*. Tujuan penelitian ini bertujuan untuk mengetahui pengaruh *self-regulated learning* terhadap penyesuaian akademik pada siswa SMK di Jakarta selama pembelajaran *online*. Rancangan penelitian ini kuantitatif non-eksperimental dengan jenis penelitian kausal komparatif. Teknik pengambilan sampel *nonprobability sampling* dengan jenis *puposive sampling*, dan sampel 270 siswa SMK di Jakarta. Alat ukur *self-regulated learning* memiliki 31 aitem valid dengan nilai ( $\alpha$ ) = 0,916 dengan rentang validitas ( $r$ ) 0,329-0,756. Skala penyesuaian akademik memiliki 26 aitem valid dengan nilai ( $\alpha$ ) = 0,911 dengan rentang validitas ( $r$ ) 0,385-0,666. Hasil uji regresi mendapatkan hasil sig. ( $p$ ) sebesar 0,000 ( $p < 0,05$ ), *self-regulated learning* mempengaruhi penyesuaian akademik sebesar 11,4%, sisanya dipengaruhi oleh faktor-faktor lain artinya hipotesis diterima, yaitu terdapat pengaruh positif *self-regulated learning* terhadap penyesuaian akademik pada siswa SMK di Jakarta. Siswa SMK di Jakarta lebih banyak memiliki *self-regulated learning* yang rendah (51,9%) dan lebih banyak memiliki penyesuaian akademik yang buruk (53,3%). Siswa SMK di Jakarta berjenis kelamin perempuan, memiliki kelompok belajar dan memilih sendiri masuk SMK lebih banyak memiliki penyesuaian akademik yang baik.

Kata kunci: *Self-regulated learning*, Penyesuaian Akademik, Siswa SMK di Jakarta.

**ABSTRACT*****THE EFFECT OF SELF-REGULATED LEARNING ON  
ACADEMIC ADJUSTMENT OF VOCATIONAL SCHOOL STUDENTS IN  
JAKARTA DURING ONLINE LEARNING***

Yeremias Anempir Akasaman Maranressy  
*Psychology Study Program*

*Vocational High School (SMK) is a vocational-based education level where students are trained to be ready to work in the field of industrial expertise. During the Covid-19 virus pandemic, there was a change in the learning system from face-to-face at school to online learning at home that must be followed by vocational high school students, where students had to be more independent in learning and complete all their academic demands. These academic demands require vocational high school students to have good academic adjustments. One of the factors that influence academic adjustment is self-regulated learning. The purpose of this study was to determine the effect of self-regulated learning on academic adjustment of vocational students in Jakarta during online learning. This research design is quantitative non-experimental with the type of comparative causal research. The sampling technique was non-probability sampling with purposive sampling, and a sample of 270 SMK students in Jakarta. The self-regulated learning measuring instrument has 31 valid items with a value of  $(\alpha) = 0.916$  with a validity range  $(r)$  of 0.329-0.756. The academic adjustment scale has 26 valid items with a value of  $(\alpha) = 0.911$  with a validity range  $(r)$  of 0.385-0.666. The results of the regression test get the results of sig.  $(p)$  of 0.000  $(p < 0.05)$ , self-regulated learning affects academic adjustment by 11.4%, the rest is influenced by other factors means that the hypothesis is accepted, namely there is a positive influence on self-esteem. regulated learning on academic adjustment in vocational students in Jakarta. Vocational high school students in Jakarta have more low self-regulated learning (51.9%) and more have poor academic adjustment (53.3%). Vocational high school students in Jakarta are female, have study groups and choose their own to enter vocational high schools, have more good academic adjustments.*

*Keywords: Self-Regulated Learning, Academic Adjustment, Vocational High School Students in Jakarta.*