# ABSTRAK

## PENGARUH *SELF-AWARENESS* TERHADAP KEDISIPLINAN PENDUDUK DKI JAKARTA DALAM MENERAPKAN PROTOKOL KESEHATAN 3M PENCEGAHAN COVID-19

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Penerapan protokol kesehatan 3M (memakai masker, mencuci tangan, dan menjaga jarak aman) pencegahan Covid-19 secara disiplin memerlukan *self-awareness* atau kesadaran diri dari setiap individu. Tujuan penelitian ini adalah untuk mengetahui pengaruh *self-awareness* terhadap kedisiplinan penduduk DKI Jakarta dalam menerapkan protokol kesehatan 3M pencegahan Covid-19. Metode yang digunakan adalah kuantitatif non-eksperimental (kausal-komparatif). Responden dalam penelitian ini berjumlah 52. Teknik *sampling* yang digunakan adalah non-probabilitas *(purposive sampling)*. Alat ukur *self-awareness* 12 aitem valid dengan nilai *alpha (α)* 0,820 dan kedisiplinan 10 aitem valid dengan nilai *alpha (α)* 0,860. Hasil uji regresi linear sederhana menunjukkan nilai signifikansi *(p)* 0,667 yang berarti tidak ada pengaruh *self-awareness* terhadap kedisiplinan. Penduduk DKI Jakarta banyak memiliki *self-awareness* rendah (57,7%) dan kedisiplinan rendah (51,9 %).

**Kata kunci:** *self-awareness*, kedisiplinan, penduduk DKI Jakarta.

### ABSTRACT

### THE EFFECT OF SELF-AWARENESS ON DISCIPLINARY BEHAVIOUR OF JAKARTA CITIZENS IN APPLYING THE HEALTH PROTOCOLS (WEAR MASK, WASH HANDS AND KEEP A SAFE DISTANCE) OF COVID-19 PREVENTION

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*The application of health protocols (wear mask, wash hands and keep a safe distance) to prevent Covid-19 in a disciplined manner needs to have self-awareness in every individual. The objective of this research is to know the effect of self-awareness on disciplinary behaviour of Jakarta citizens in applying the health protocols (wear mask, wash hands and keep a safe distance) of Covid-19 prevention. The non-experimental causal-comparative approach is used in this research. The total of respondents in this research is 52. The non-probability sampling technique used in this research is purposive sampling. The self-awareness scale 12 valid items with the alpha score (α) 0,820 and disciplinary behaviour scale 11 valid items with the alpha score (α) 0,860. The result of significance score in the simple regression test (p) 0,010 which means there is no effect of self-awareness on the disciplinary behaviour. The Jakarta citizens have low self-awareness (57,7%) and low disciplinary behaviour (51,9%).*

***Key words:*** *self-awareness, disciplinary behaviour, Jakarta citizens.*