

**THE IMPORTANCE OF SELF-REGULATION
FOR THE STUDENT WORKER OF
*UNIVERSITAS TERBUKA JEMBER***

FINAL REPORT

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UNIVERSITY OF MERDEKA MALANG
D-III ENGLISH PROGRAM
AUGUST 2018

**THE IMPORTANCE OF SELF-REGULATION
FOR THE STUDENT WORKER OF
*UNIVERSITAS TERBUKA JEMBER***

FINAL REPORT

Presented to University of Merdeka Malang
in partial fulfillment of the requirements
for the degree of *Ahli Madya* in Diploma Three of English

By

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APPROVAL

This is to testify that the Final Report presented by HASTINA PANGGULU HARIYONO has been approved by the advisor for further approval by the Examining Committee.

Malang. August 10th, 2018.

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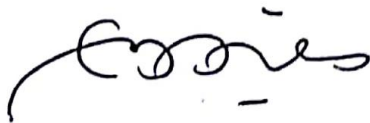


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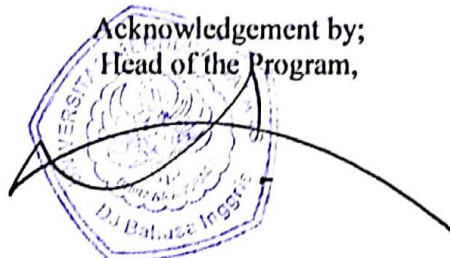
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DECLARATION OF AUTHORSHIP

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1. This undergraduate thesis is the sole work of mine and has not been written in collaboration with any other person, nor does it include, without due acknowledgement, the work of any other person.
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ABSTRACT

Hariyono, Hastina.P. 2018. *Psychology: The Importance Of Self-Regulation For The Student Worker Of Universitas Terbuka Jember*. D3 English Program University of Merdeka Malang. Advisor: Yasmin Farani, S.Pd., M.Pd.

Key Words: Self-regulation, Psychology, Learning goal, behavior

Self-regulation is a psychology term which means the ability of a student to manage all the parts of themselves to direct their behavior and to help them reaching a specific goal. This final report studies about the self-regulation in workers who continue study in the university. The sample of this final report is first year student of Open University Jember. The writer used the questionnaire to gather all the information for the data of this final report. The result from the questionnaire form said that 95.5% of the respondents already regulate themselves but not all of them reach their learning goal that they have already made for one semester. They used 3 ways to describe their thought and feeling to make self-regulation effective, they are defensive pessimism way, goal orientation way, and intrinsic versus extrinsic motivation way. Almost all the respondents mix more than one way to describe their thought and feeling. This final report is aimed to understand about the self-regulation in academic setting especially for the student to help them reaching their goal. The writer expects that D3 English can enhance the educational system and help the student to developing their self-regulation. So, they can reach their leaning goal and can be a better graduates in the future.

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