

THE ANALYSIS OF STUDENTS' SELF MANAGEMENT AT INSTITUTE OF TECHNOLOGY AND BUSINESS INDRAGIRI

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Abstract: Self management is one of crucial elements needed in the implementation of good life. People's successfulness depend on how they manage their self well and correctly. Students' successfulness also depend on the way of their self management in learning. Good self management will produce good learning results. Therefore, the study focused in analyzing how was the students' self management. The objective of the study was to analyze students' self management on management study program students at Institute of Technology and Business Indragiri. The study used a quantitative descriptive research methods. The population of the study were 1827 students of management study program of Institute of Technology and Business Indragiri. The participants of the study were 322 students of management study program students of Institute of Technology and Business Indragiri which was taken by using simple random sampling. The data were collected using questionnaire. The finding showed that the management study program students' self management at Institute of Technology and Business Indragiri were categorized good.

Keywords: Students' Self Management.

1. Introduction

The good or bad future of a country can be seen from the quality of the country's young generations. Students are the next generation of a country. Students are one of the determining factors for the future of a country. Students who have good qualities will contribute to building the quality and progress of their country. Students are people who are pursuing higher education at universities. Students are included in the category of teenagers. Basri in Hanum (214:222) stated that in adolescence one developmental task that needs to be pursued is obtaining a complete level of self-identity. Marsela and Supriatna (2019:65) stated that teenagers are individuals who are in the process of developing towards maturity or independence. Teenagers need guidance because they still lack understanding or insight into themselves and their environment and experience in determining the direction of their lives to achieve maturity.

Self-management is one of the important factors that influences the success of the student learning process. In the learning process, self-management plays a very large role in learning outcomes. Because with good self-management, learning activities will be more organized so that it will affect student learning outcomes. Self-management plays a very important role in the learning process and with self-management the quality of student learning outcomes can be realized properly. Gie (1995:187) stated that with self-management, students can encourage themselves to progress, regulate all elements of personal potential, control the desire to achieve good things, and develop various aspects of personal life to be more perfect. There are several aspects that play an important role in self-management, including: the ability to organize oneself, the ability to motivate oneself, the ability to manage time, the ability to control oneself, the ability to determine goals, the ability to adapt, the ability to be careful, the ability to be a trustworthy person, the ability to innovate, and the ability to create a healthy lifestyle.

Students are said to have good self-management if they are able to organize themselves well, they are able to motivate themselves to do positive things that are useful, they they are able to

manage time so that they can make the best use of time without wasting time, they are able to control themselves in their attitudes and actions, they are able to determine the goals they will achieve so that they can prepare everything to achieve those goals, they are able to adapt to the surrounding environment and adapt easily, they are able to be careful to avoid unwanted events, they are able to carry out tasks and mandates well, they are able to make innovations and be open to new things, and they are able to maintain and create a healthy quality of life. Students' ability to manage themselves is still not good, especially in terms of managing time and lifestyle. Students who cannot manage themselves well will encounter many problems. Some students assume that learning activities can only be done on campus so that some students do not have the desire to use their free time for individual learning activities at home. To support student success, the importance of having good self-management must be emphasized. For that, the facts about how students' self-management is needed so that it can be evaluated and followed up in the future.

2. Literature Review

Self-management is the ability to control or manage oneself in order to make proportionate priorities such as determining what should be done or not done, what should be done first and the obligation to complete what should be completed at that time. It can be said that self-management skills are needed by all individuals in all activities, whether daily activities at home, activities in the work environment, or activities in the educational environment. Self Management or self-management is the ability to control oneself over an action that is being carried out or wants to be carried out, both in terms of thoughts and speech, so that oneself is encouraged to avoid undesirable things. If an individual does not implement self-management, he tends to be confused because all the activities he wants to do at that time are not planned or well organized in his life. In other words, he is confused about what he should do, where he should start the work, and so on.

Gie (1995:188) stated that self-management is encouragement that comes from a person so that later a person can control his ability to achieve good things. After an individual determines a life goal for himself, he must manage and organize himself well in order to bring himself towards the life goal or target as well as all activities and stages to manage himself. According to Prijosaksono in Ardini (2017: 512) the definition of self-management is an individual's ability to fully control their entire existence, including physical, emotional, mental, mind, soul and the reality of their life by utilizing the abilities they have. Soekadji in Aminah (2015:91) said that self-management is a procedure or strategy that requires an individual to guide or determine his own behavior. The procedure or strategy consists of several aspects, including: First, determining the goals, objectives or behavioral goals to be achieved. Second, monitor and pay attention to behavior by deciding for yourself what strategy or procedure to use. This is useful for monitoring the extent of progress that has been achieved. Third, evaluate the development of his behavior.

Based on the understanding above, it can conclude that people can achieve their success by controlling and directing their lives well. There are several aspects of self-management that need to be considered.

1. Organization

Self management is related to good organizational skills. In other words, if an individual has good self-management, he can manage his portion of time, energy, mental health, physical health, and others well. If these things can be managed by the individual well, the activities to be carried out will run in an orderly and directed manner.

2. **Self Motivation**
The ability to motivate yourself or what is usually called self-motivation. An individual will have the desire and ability to carry out this action which comes and originates from within himself. That way, the individual can start, do and complete the work without having to be asked first by someone else.
3. **Time Management**
Time is something that is very precious, even for a second. If an individual has or applies good self-management, he definitely has good time management too. The individual will understand how to manage time properly and correctly in completing various jobs or activities. Time certainly won't feel like it's lacking for him. Good time management, such as establishing and prioritizing targets and goals, making a daily activity schedule, making a list of things that need to be done, making a priority scale between recreation and work. Not a few of us are overwhelmed in managing our time because we are so busy with activities and work. This causes many other things to be neglected. All of this can be resolved if we have self-management in managing time.
4. **Control**
Individuals who already have the ability to control themselves, they can also manage or control all emotions, be it anger, anxiety, sadness, or happiness. If an individual has this ability to control in their self-management, it can be said that they can control and manage all emotional feelings and urges that suppress them well.
5. **Goal Setting**
If an individual has high and good goal setting abilities, the individual can confirm their goals in the short and long term in their life. This certainly applies in various scopes, be it the scope of work, education, or for their life. In addition, the individual can also determine the steps needed to achieve that goal.
6. **Self Adjustment**
Individuals who have the ability to adapt themselves will be able to be flexible when facing challenges and changes in their environment. With this ability, the individual will dare to change their response and strategy or tactics in adjusting to conditions. The abilities in question are such as, expertise in completing various needs, rapid changes, and shifting priorities.
This ability also plays a big role in achieving success, where often many people only consider hard skills to be possessed to achieve success.
7. **Conscientiousness**
The individual's conscientiousness and nature in behaving, can be said that he can be relied on and is responsible and fulfills his rights and obligations. Individuals who have this skill have the ability to commit and fulfill promises. Then, they will be careful and thorough in doing their work because they strive for their goals with a full sense of responsibility.
8. **Trustworthy**
Individuals who have this trustworthy nature, they will be able to show good integrity and honesty. Then, individuals with this ability can act ethically and will never embarrass other individuals. The individual will be willing to admit their mistakes and dare to reprimand other individuals or even their own friends who make mistakes.
9. **Innovation**
If an individual has this innovation ability, he will easily accept and tolerate new opinions, ideas, ideas, information, or other approaches. Individuals who have this

ability will try to find and find new ideas and prioritize original solutions in solving a conflict or problem. In addition, the individual also begins to dare to innovate views and take risks from the results of his ideas and concepts.

10. Healthy Lifestyle

A healthy lifestyle owned by an individual in his self-management will certainly have an influence on his ability to be active in his daily life. So fulfill good intake for the body, exercise regularly, manage sleep patterns, and do activities that support other healthy lifestyles.

3. Method

The method of this study was quantitative descriptive research or survey design. Creswell (2018:242) stated that a survey design provides a quantitative description of trends, attitudes, and opinions of a population, or tests for associations among variables of a population, by studying a sample of that population. Quantitative descriptive research was one of methods that focuses on collecting and analyzing numerical data by using numbers. Different variables can be measured and compared accurately. Quantitative descriptive research involves large sample sizes to ensure that the findings are accurate and can be generalized. It means collecting data from many people to get a comprehensive picture of the subject being studied. The qualitative descriptive research is designed and applied in order to find out the clear description of the variable which discussed in this research, therefore this method was used in this research. The population of the study was the students of Management Study Program of Institute of Technology and Business Indragiri in 2024/2025 academic year. The population consist of 31 classes with the total number of students were 1827 students. The sample was determined by using table of Isaac dan Michael. The subject of this study was 322 students choosen by using simple random sampling. Cohen (2018:215) stated that in simple random sampling, each member of the population under study has an equal chance of being selected and the probability of a member of the population being selected is unaffected by the selection of other members of the population. The method involves selecting at random from a list of the population.

This study uses primary data obtained from respondents. This data is in the form of parameter indicators of student self-management. The qualitative determination of student self-management categories uses Suharsimi Arikunto criteria (2006) as follows:

- 90 % – 100% Very Good,
- 80 % – 89 % Good
- 65 % – 79 % Fair
- 55 % – 64% Poor
- 0 % – 54% Very Poor

4. Result and Discussion

The students' self management were divided in to five categories. They are very good, good, fair, poor and very poor. The following are the results of data analysis of students' self management obtained from the questionnaires.

Students' Self Management from Aspect of Organization

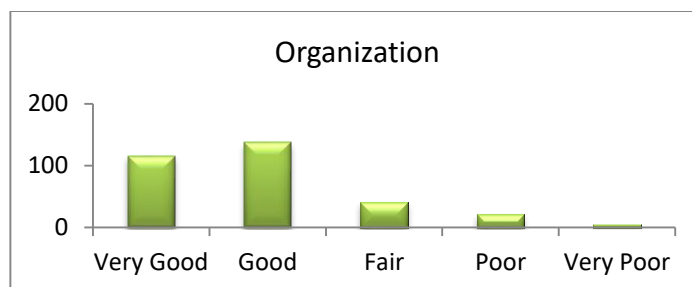


Figure 1: Students' Self Management from Aspect of Organization

From the figure 1, it can be seen that most of students' self management from aspect of organization were categorized good. 43% students were in good category, 36% students were in very good, 13% students in were in fair, 7% students in poor and 2% students in very poor category.

Students' Self Management from Aspect of Motivation

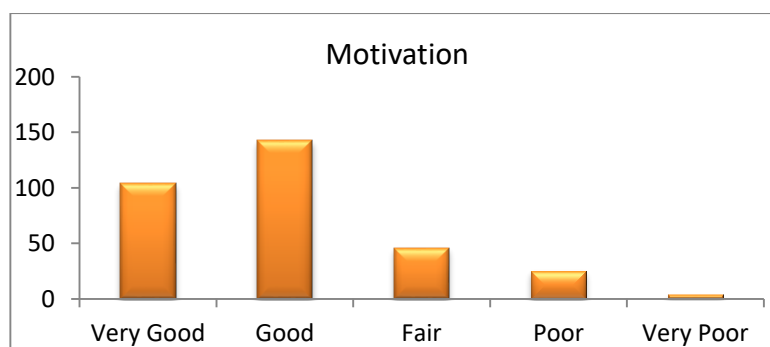


Figure 2: Students' Self Management from Aspect of Motivation

From the figure 2, it can be seen that most of students' self management from aspect of motivation were categorized good. 44% students were in good category, 32% students were in very good, 14% students in were in fair, 8% students in poor and 1% students in very poor category.

Students' Self Management from Aspect of Time Management



Figure 3: Students' Self Management from Aspect of Time Management

From the figure 3, it can be seen that most of students' self management from aspect of time management were categorized good. 44% students were in good category, 24% students were

in very good, 16% students in were in fair, 14% students in poor and 3% students in very poor category.

Students' Self Management from Aspect of Control

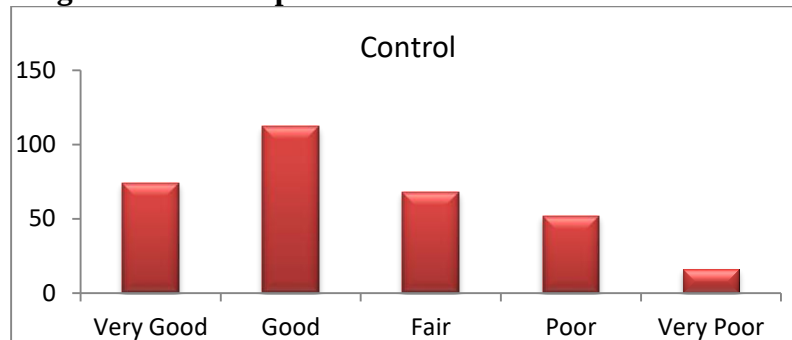


Figure 4: Students' Self Management from Aspect of Control

From the figure 4, it can be seen that most of students' self management from aspect of control were categorized good. 35% students were in good category, 23% students were in very good, 21% students in were in fair, 16% students in poor and 5% students in very poor category.

Students' Self Management from Aspect of Goal Setting

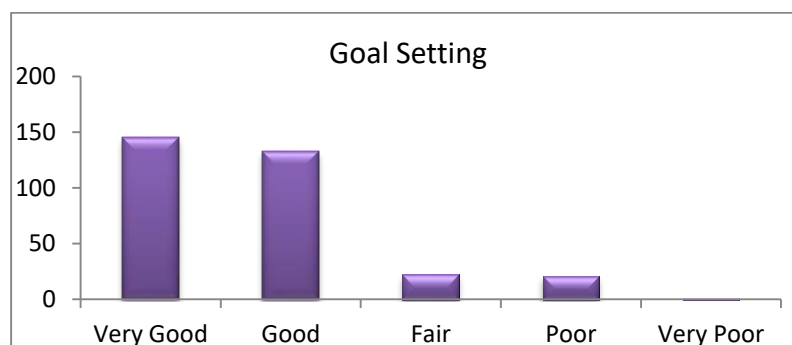


Figure 5: Students' Self Management from Aspect of Goal Setting

From the figure 5, it can be seen that most of students' self management from aspect of goal setting were categorized very good. 45% students were in very good category, 41% students were in good, 7% students in were in fair, 7% students in poor and 0% students in very poor category.

Students' Self Management from Aspect of Self Adjustment



Figure 6: Students' Self Management from Aspect of Self Adjustment

From the figure 6, it can be seen that most of students' self management from aspect of self adjustment were categorized good. 35% students were in good category, 27% students were in very good, 19% students in were in poor, 15% students in fair and 3% students in very poor category.

Students' Self Management from Aspect of Conscientiousness

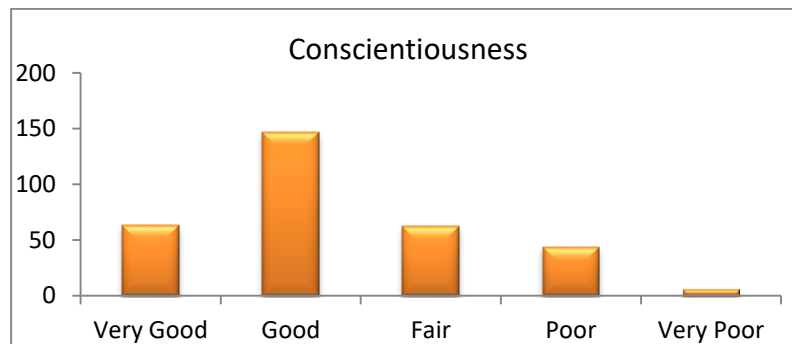


Figure 7: Students' Self Management from Aspect of Conscientiousness

From the figure 7, it can be seen that most of students' self management from aspect of conscientiousness were categorized good. 46% students were in good category, 20% students were in very good, 19% students in were in fair, 14% students in poor and 2% students in very poor category.

Students' Self Management from Aspect of Trustworthy

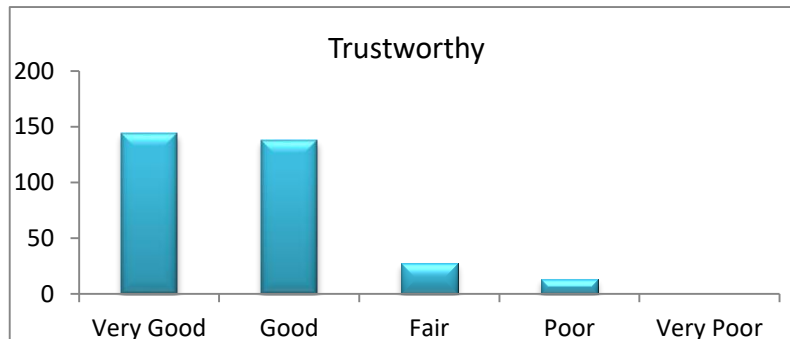


Figure 8: Students' Self Management from Aspect of Trustworthy

From the figure 8, it can be seen that most of students' self management from aspect of trustworthy were categorized very good. 45% students were in very good category, 43% students were in good, 8% students in were in fair, 4% students in poor and 0% students in very poor category.

Students' Self Management from Aspect of Innovation

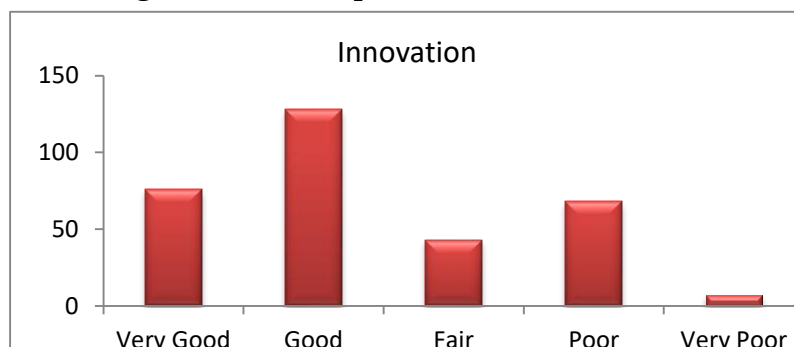


Figure 9: Students' Self Management from Aspect of Innovation

From the figure 9, it can be seen that most of students' self management from aspect of innovation were categorized good. 40% students were in good category, 24% students were in very good, 21% students in were in poor, 13% students in fair and 2% students in very poor category.

Students' Self Management from Aspect of Healthy Lifestyle

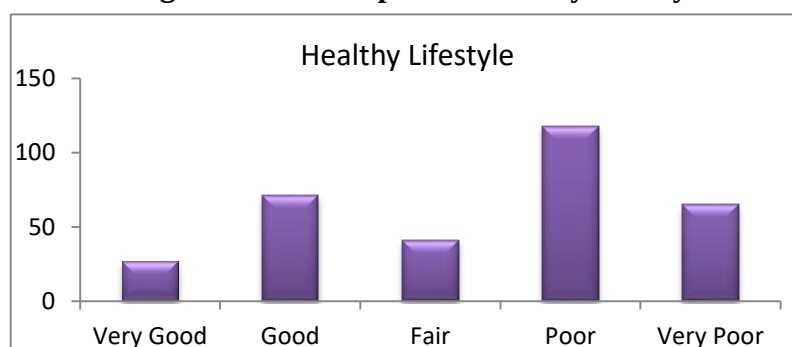


Figure 10: Students' Self Management from Aspect of Healthy Lifestyle

From the figure 10, it can be seen that most of students' self management from aspect of healthy lifestyle were categorized poor. 37% students were in poor category, 22% students were in good, 20% students in were in very poor, 13% students in fair and 8% students in very good category.

Students' Self Management

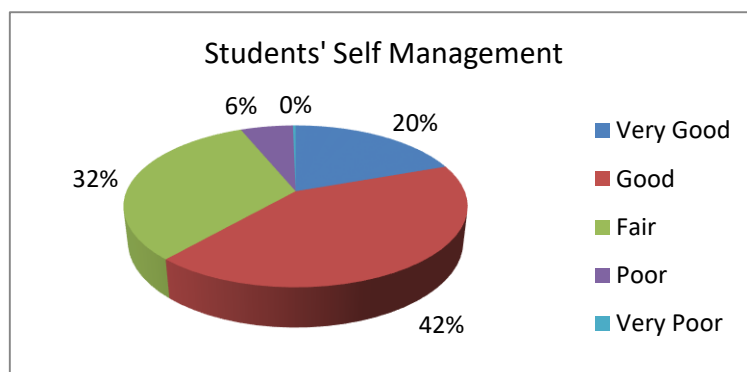


Figure 11: Students' Self Management

From the figure 11, it can be seen that most of students' self management were categorized good. 42% students were in good category, 32% students were in fair, 20% students in were in very good, 6% students in poor and 0% students in very poor category.

Students' self management analyzed from some aspects were in good category. In sequence, the aspects from the highest to the lowest were trustworthy, goal setting, organization, motivation, time management, innovation, conscientiousness, self adjustment, control and healthy lifestyle.

To improve students' self-management at Institute of Technology and Business Indragiri, all of college elements must be able to provide direction, guidance and support, especially in terms of learning facilities during the lecture process so that students are encouraged to become better quality individuals.

5. Conclusions

Based on the result of the data analysis, it can be conclude that most of the students self management of management study program of Institute Technology and Business Indragiri were in good category. Students' self management from aspect of goal setting and trustworthy were in very good category. Students' self management from aspect of organization, motivation, time management, control, self adjustment, conscientiousness and innovation were in good category. Students' self management from aspect of healthy lifestyle were in poor category.

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