

HABITUASI PERILAKU *SELF-DIRECTED LEARNING* PADA TUTORIAL *PROBLEM BASED LEARNING* MAHASISWA KEPERAWATAN BERBASIS PESANTREN

INTISARI

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Latar belakang : Penelitian menunjukkan bahwa perilaku *Self-Directed Learning* (SDL) mahasiswa semakin meningkat setiap tahunnya, namun penelitian lain menunjukkan bahwa perilaku SDL cenderung tidak terbentuk meskipun mahasiswa telah terpapar cukup lama dengan perilaku tersebut. Pembentukan perilaku SDL erat kaitannya dengan proses pembiasaan diri atau habituasi. Seseorang yang menjalani habituasi akan melalui fase *initial response*, *continued response*, *maintenance response* dan fase *habit*. Stikes Surya Global merupakan institusi keperawatan yang mencoba membentuk perilaku SDL mahasiswa melalui tutorial Problem Based Learning (PBL) berbasis pesantren. Pendidikan pesantren dinilai mampu membentuk habituasi SDL mahasiswa dengan baik.

Tujuan : Untuk mengetahui habituasi perilaku SDL pada tutorial PBL mahasiswa keperawatan berbasis pesantren

Metode : Penelitian dilakukan di Stikes Surya Global Yogyakarta, menggunakan metode penelitian kualitatif studi kasus (*case study*) deskriptif. Studi pendahuluan yang dilakukan dengan cara observasi langsung terhadap kelompok tutorial mahasiswa Stikes Surya Global menunjukkan bahwa terjadi variasi kemampuan mahasiswa dalam melakukan perilaku SDL. Pengumpulan data dilakukan dengan wawancara mendalam terhadap 10 mahasiswa keperawatan yang perilaku SDLnya telah mencapai fase *habit* dan triangulasi sumber pada 1 orang pengelola institusi dan 1 orang pengelola pesantren. Pemilihan sampel menggunakan metode *purposive sampling* dengan variasi maksimal latar belakang pendidikan (pesantren dan non pesantren), prestasi belajar, dan lama studi.

Hasil : Penelitian ini mendapatkan 6 tema habituasi perilaku SDL mahasiswa keperawatan, yaitu program pembelajaran, sikap terhadap perilaku SDL, efikasi diri, pengulangan perilaku, karakter diri, dan sistem pendukung.

Kesimpulan : Di fase *initial response*, mahasiswa dengan latar belakang pendidikan non pesantren menganggap tekanan pembelajaran sebagai beban, hal tersebut membuat mereka rentan untuk kembali ke perilaku belajar sebelumnya. Sementara itu, di fase *initial response*, sikap positif terhadap perilaku SDL yang dibentuk mahasiswa dengan latar belakang pendidikan pesantren membuat mereka lebih cepat membuat keputusan untuk mengubah perilaku menjadi SDL dibandingkan mahasiswa dengan latar belakang pendidikan non pesantren



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Kata kunci : Habituasi, *Self-Directed Learning*, Problem Based Learning, Tutorial, Pesantren

SELF-DIRECTED LEARNING BEHAVIOR HABITUATION IN

TUTORIAL PROBLEM BASED LEARNING NURSING STUDENT BASED ON ISLAMIC BOARDING SCHOOL

ABSTRACT

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Background : Research shows that the behavior of students' Self-Directed Learning (SDL) is increasing every year, but other studies show that the behavior of SDL tends to not be formed even though students have been exposed to the behavior long enough. The formation of SDL behavior is closely related to the process of habituation. People who doing habituation will go by some of habituation phase namely initial response, continued response, maintenance response and habit. Surya Stikes Global is a nursing institution that tries to shape the SDL behavior of students through boarding-based Problem Based Learning (PBL) tutorials. Islamic boarding school education is considered capable of forming the SDL habituation of students well.

Aim : To find out the habituation of SDL behavior in the PBL tutorial of nursing students based Islamic boarding school

Method : The research was conducted at Stikes Surya Global Yogyakarta, using a descriptive qualitative research case study. Preliminary studies are carried out by direct observation show that students have a variation of SDL behavior. Data collection was done by in-depth interviews with 10 nursing students whose SDL behavior had reached the habit phase. Triangulation was done with 1 academic lecture and 1 Islamic boarding school lecture. This research using purposive sampling with a maximal variation. The maximal variation are educational background (Islamic boarding school and formal school), learning achievement grade, and duration of study.

Result : Based on the results of the study found 6 themes that describe the habituation of SDL behavior in nursing students, namely the learning programs, attitudes toward SDL behavior, self-efficacy, repetition of behavior, self-character, and support systems.

Conclusion : In the initial response phase, students with formal school background education considering pressure of learning programs as a load, so that they are vulnerable to returning to initial behavior. In the other hands students with Islamic boarding school educational backgrounds have a positive attitude towards the behavior of SDL in the initial response phase so that they easier to take a decision to change their behavior than students with formal school educational background.



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Key word : Habituation, Self-Directed Learning, Problem Bsed Learning, Tutorial, Islamic Boarding
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