

## ABSTRAK

ZHAFIRA HANA HANIFAH 2023. **Hubungan Antara *Self-Awareness* Dan *Self-Control* Terhadap Pemahaman Pendidikan Seksual Dasar Melalui Materi Sistem Reproduksi Manusia (Studi Korelasi Pada Peserta Didik Kelas XI MIPA SMA Negeri 5 Tasikmalaya Tahun Ajaran 2022/2023)**. Skripsi Jurusan Pendidikan Biologi Fakultas Keguruan dan Ilmu Pendidikan Universitas Siliwangi.

Pelaksanaan penelitian ini bertujuan untuk mengetahui hubungan antara *self-awareness* dan *self-control* terhadap pemahaman pendidikan seksual dasar melalui materi Sistem Reproduksi Manusia di Kelas XI MIPA SMA Negeri 5 Tasikmalaya Tahun Ajaran 2022/2023. Metode penelitian yang digunakan adalah korelasi dengan desain penelitian yaitu penelitian korelasi ganda. Teknik pengambilan sampel menggunakan teknik *purposive sampling*. Populasi dalam penelitian ini yaitu seluruh kelas XI MIPA SMA Negeri 5 Tasikmalaya Tahun Ajaran 2022/2023 sebanyak 7 kelas yang berjumlah 248 peserta didik. Sampel yang digunakan yaitu kelas XI MIPA 1 dan XI MIPA 2. Instrumen yang digunakan untuk mengumpulkan data adalah skala psikologis dari setiap variabel penelitian yaitu skala psikologis *self-awareness* sebanyak 18 pernyataan, skala psikologis *self-control* sebanyak 14 pernyataan, dan skala psikologis pemahaman pendidikan seksual dasar melalui materi Sistem Reproduksi Manusia sebanyak 12 pernyataan serta pedoman wawancara bagi guru biologi kelas XI MIPA SMA Negeri 5 Tasikmalaya sebanyak 6 pertanyaan bagi setiap variabel dan wawancara peserta didik berdasarkan hasil pengisian skala psikologis. Teknik analisis data yang digunakan yaitu uji prasyarat analisis dan uji hipotesis. Hasil pengolahan data dari uji hipotesis menyatakan bahwa terdapat hubungan antara *self-awareness* terhadap pemahaman pendidikan seksual dasar melalui materi Sistem Reproduksi Manusia dengan kategori rendah yang disebabkan oleh kurangnya *self-confidence* dan *accurate self-assessment* dalam diri peserta didik kelas sampel, tidak terdapat hubungan antara *self-control* terhadap pemahaman pendidikan seksual dasar melalui materi Sistem Reproduksi Manusia yang disebabkan oleh kurangnya *cognitive control* dan *decisional control* dalam diri peserta didik kelas sampel, dan terdapat hubungan antara *self-awareness* dan *self-control* terhadap pemahaman pendidikan seksual dasar melalui materi Sistem Reproduksi Manusia dengan kategori rendah yang disebabkan oleh kurangnya *self-awareness* dan *self-control* peserta didik terhadap peristiwa yang berkaitan dengan pendidikan seksual dasar melalui materi Sistem Reproduksi Manusia.

**Kata Kunci:** *Self-Awareness*, *Self-Control*, Pendidikan Seksual Dasar, Sistem Reproduksi Manusia

## ***ABSTRACT***

ZHAFIRA HANA HANIFAH 2023. **The Relationship Between Self-Awareness and *Self-Control* Towards The Understanding of Basic Sexual Education Through Human Reproductive System Material (Correlation Study on Students of Grade XI MIPA SMA Negeri 5 Tasikmalaya for The 2022/2023 Academic Year)**. Thesis Department of Biology Education, Faculty of Teacher Training and Education, Siliwangi University.

The implementation of this study aims to determine the relationship between self-awareness and self-control on the understanding of basic sexual education through the material of the Human Reproductive System in Class XI MIPA SMA Negeri 5 Tasikmalaya Academic Year 2022/2023. The research method used is correlation with the research design, namely multiple correlation research. The sampling technique used purposive sampling technique. The population in this study were all XI MIPA classes of SMA Negeri 5 Tasikmalaya in the academic year 2022/2023 as many as 7 classes totaling 248 students. The samples used were XI MIPA 1 and XI MIPA 2 classes. The instrument used to collect data is a questionnaire of each research variable, namely a self-awareness questionnaire of 18 statements, a self-control questionnaire of 14 statements, and a questionnaire of understanding of basic sexual education through the material of the Human Reproductive System of 12 statements as well as interview guidelines for biology teachers in class XI MIPA SMA Negeri 5 Tasikmalaya as many as 6 questions for each variable and interviews of students based on the results of filling out the questionnaire. Data analysis techniques used are prerequisite analysis and hypothesis testing. The results of data processing from hypothesis testing state that there is a relationship between self-awareness to the understanding of basic sexual education through the material of the Human Reproductive System with a low category caused by a lack of self-confidence and accurate self-assessment in sample class students, there is no relationship between self-control to the understanding of basic sexual education through the material of the Human Reproductive System caused by a lack of cognitive control and decisional control in sample class students, and there is a relationship between self-awareness and self-control on the understanding of basic sexual education through the Human Reproductive System material with a low category caused by the lack of self-awareness and self-control of students towards events related to basic sexual education through the Human Reproductive System material.

**Keywords:** *Self-Awareness, Self-Control*, Basic Sexual Education, Human Reproductive System