

ABSTRAK

Nada Khairunisa 22170102. **Implementasi Program *Eco-Lifestyle* dalam Meningkatkan Sikap Peduli Lingkungan Peserta Didik di Sekolah Adiwiyata SMA Al-Muttaqin Kota Tasikmalaya**. Skripsi. Program Studi Pendidikan Geografi, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi.

Permasalahan lingkungan hidup yang semakin kompleks menuntut peran strategis institusi pendidikan dalam membentuk generasi yang peduli lingkungan. Sekolah Adiwiyata merupakan salah satu program nasional yang dirancang untuk mewujudkan sekolah berbudaya lingkungan melalui integrasi prinsip *eco-lifestyle* ke dalam kegiatan sehari-hari peserta didik. Penelitian ini bertujuan untuk: (1) mendeskripsikan implementasi program *eco-lifestyle* di SMA Al-Muttaqin Kota Tasikmalaya; (2) mendeskripsikan sikap peduli lingkungan peserta didik ditinjau dari aspek kognitif, afektif, dan konatif; serta (3) menganalisis pengaruh implementasi *eco-lifestyle* terhadap sikap peduli lingkungan peserta didik. Penelitian ini menggunakan pendekatan kuantitatif dengan metode survei. Populasi penelitian adalah peserta didik kelas X dan XI SMA Al-Muttaqin Kota Tasikmalaya berjumlah 243 orang. Sampel ditetapkan sebanyak 71 responden menggunakan rumus Slovin dengan taraf kesalahan 10%. Teknik pengumpulan data meliputi kuesioner, tes kognitif, observasi, dan wawancara. Analisis data menggunakan uji regresi linear sederhana dengan bantuan SPSS for Windows versi 25.0, didahului oleh uji validitas, reliabilitas, normalitas, dan linearitas. Hasil penelitian menunjukkan bahwa: (1) implementasi program *eco-lifestyle* di SMA Al-Muttaqin Kota Tasikmalaya tergolong baik, mencakup kegiatan lingkungan, pengelolaan sampah (*reduce, reuse, recycle*), pola konsumsi ramah lingkungan, penghematan energi, dan penghematan air; (2) sikap peduli lingkungan peserta didik berada pada kategori sangat tinggi pada aspek kognitif (92%) dan afektif (82%), serta kategori tinggi pada aspek konatif (78%), dengan kesenjangan yang mengindikasikan adanya *attitude-behavior gap*; (3) terdapat pengaruh positif dan signifikan implementasi *eco-lifestyle* terhadap sikap peduli lingkungan peserta didik, dengan nilai signifikansi $0,000 < 0,05$, koefisien korelasi (R) sebesar 0,902, dan koefisien determinasi (R^2) sebesar 0,814. Artinya, implementasi *eco-lifestyle* memberikan kontribusi sebesar 81,4% terhadap peningkatan sikap peduli lingkungan peserta didik, sedangkan 18,6% sisanya dipengaruhi oleh faktor lain di luar penelitian. Berdasarkan hasil tersebut, disimpulkan bahwa program *eco-lifestyle* yang diterapkan secara konsisten di sekolah Adiwiyata terbukti efektif dalam membentuk sikap peduli lingkungan peserta didik. Penguatan aspek konatif perlu mendapat perhatian lebih melalui pembiasaan yang lebih intensif dan dukungan infrastruktur yang memadai.

Kata Kunci: *eco-lifestyle*, sikap peduli lingkungan, sekolah adiwiyata, pendidikan geografi, *Theory of Planned Behavior*

ABSTRACT

Nada Khairunisa 222170101.. *The Implementation of an Eco-Lifestyle Program in Enhancing Students' Environmental Awareness at the Adiwiyata School of SMA AlMuttaqin, Tasikmalaya City. Undergraduate Thesis. Geography Education Study Program, Faculty of Teacher Training and Education, Siliwangi University. Tasikmalaya.*

The increasingly complex environmental problems demand a strategic role from educational institutions in shaping an environmentally conscious generation. The Adiwiyata School is one of the national programs designed to realize environmentally cultured schools through the integration of eco-lifestyle principles into students' daily activities. This study aimed to: (1) describe the implementation of the eco-lifestyle program at SMA Al-Muttaqin, Tasikmalaya City; (2) describe students' environmental awareness in terms of cognitive, affective, and conative aspects; and (3) analyze the effect of eco-lifestyle implementation on students' environmental awareness. This study employed a quantitative approach with a survey method. The study population consisted of 243 students from grades X and XI of SMA Al-Muttaqin, Tasikmalaya City. A sample of 71 respondents was determined using the Slovin formula with a 10% margin of error. Data collection techniques included questionnaires, cognitive tests, observations, and interviews. Data analysis employed simple linear regression using SPSS for Windows version 25.0, preceded by validity, reliability, normality, and linearity tests. The results revealed that: (1) the implementation of the eco-lifestyle program at SMA AlMuttaqin was well-established, encompassing environmental activities, waste management (reduce, reuse, recycle), environmentally friendly consumption patterns, energy conservation, and water conservation; (2) students' environmental awareness was in the very high category for cognitive (92%) and affective (82%) aspects, and in the high category for the conative aspect (78%), with a gap indicating an attitude-behavior gap; (3) there was a positive and significant effect of eco-lifestyle implementation on students' environmental awareness, with a significance value of $0.000 < 0.05$, a correlation coefficient (R) of 0.902, and a coefficient of determination (R^2) of 0.814. This indicates that the implementation of eco-lifestyle contributed 81.4% to the improvement of students' environmental awareness, while the remaining 18.6% was influenced by other factors outside this study. Based on these findings, it is concluded that the eco-lifestyle program consistently implemented in Adiwiyata schools has proven to be effective in shaping students' environmental awareness. Strengthening the conative aspect requires greater attention through more intensive habituation and adequate infrastructural support.

Keywords: *eco-lifestyle, environmental awareness, Adiwiyata school, geography education, Theory of Planned Behavior*