

ABSTRAK

SINTA RAHMATILLAH. 2026. **PENGARUH MODEL *INTRODUCTION, CONNECTION, APPLICATION, REFLECTION, EXTEND* (ICARE) BERBANTUAN PETA KONSEP DIGITAL TERHADAP *SELF MANAGEMENT* DAN *REFLECTIVE CRITICAL THINKING SKILLS* PESERTA DIDIK PADA MATERI SISTEM SARAF (Studi Eksperimen di Kelas XI SMA Negeri 1 Tasikmalaya pada Tahun Ajaran 2025/2026).** Jurusan Pendidikan Biologi. Fakultas Keguruan dan Ilmu Pendidikan Universitas Siliwangi.

Penelitian ini bertujuan untuk mengetahui pengaruh model *Introduction, Connection, Application, Reflection, Extend* (ICARE) berbantuan peta konsep digital terhadap *self management* dan *reflective critical thinking skills* peserta didik. Metode penelitian yang digunakan adalah kuantitatif dengan jenis penelitian *quasi experiment* menggunakan desain *matching only post-test-only control group design*. Populasi dalam penelitian ini adalah seluruh kelas XI IPA di SMA Negeri 1 Tasikmalaya tahun ajaran 2026/2026 sebanyak 8 kelas dengan jumlah peserta didik 246 orang. Sampel ditentukan dengan teknik *purposive sampling*, sehingga diperoleh 3 kelas penelitian yaitu kelas XI IPA 6 sebagai kelas eksperimen, kelas XI IPA 4 sebagai kelas kontrol positif, dan kelas XI IPA 3 sebagai kelas kontrol negatif. Instrumen yang digunakan yaitu instrumen non-tes berupa angket untuk mengukur *self management* sebanyak 33 pernyataan dan instrumen tes berupa soal uraian untuk mengukur *reflective critical thinking skills* sebanyak 16 butir pertanyaan yang teruji valid dan reliabel. Teknik analisis data yang digunakan uji MANOVA dan uji ANOVA dengan taraf signifikansi $\alpha = 0,05$. Hasil uji MANOVA menunjukkan nilai signifikansi sebesar 0,000 ($< 0,05$), yang berarti terdapat perbedaan yang signifikan secara simultan antar kelompok. Sementara hasil uji ANOVA menunjukkan nilai signifikansi sebesar 0,016 ($< 0,05$) pada variabel *self-management* dan 0,000 ($< 0,05$) pada *reflective critical thinking skills*. maka H_0 diterima, artinya terdapat perbedaan signifikan dalam penggunaan model pembelajaran pada setiap kelas. Dari hasil penelitian ini dapat disimpulkan bahwa model ICARE berbantuan peta konsep digital memberikan pengaruh positif dalam meningkatkan *self management* dan *reflective critical thinking skills* peserta didik pada materi sistem saraf manusia.

Kata Kunci: *Self Management, Reflective Critical Thinking Skills, ICARE, Peta Konsep Digital, Sistem Saraf.*

ABSTRACT

SINTA RAHMATILLAH. 2026. ***THE EFFECT OF INTRODUCTION, CONNECTION, APPLICATION, REFLECTION, EXTEND (ICARE) MODEL ASSISTED BY DIGITAL CONCEPT MAP ON STUDENTS' SELF-MANAGEMENT AND REFLECTIVE CRITICAL THINKING SKILLS ON THE NERVOUS SYSTEM MATERIAL (Experimental Study in Class XI of SMA Negeri 1 Tasikmalaya in the 2025/2026 Academic Year).*** Department of Biology Education. Faculty of Teacher Training and Education, Siliwangi University.

This study aims to determine the effect of the ICARE (Introduction, Connection, Application, Reflection, Extend) model assisted by digital concept maps on students' self management and reflective critical thinking skills. The research method used is quantitative with a quasi-experimental research type using a post-test-only control group design that only matches. The population in this study were all 8 classes of XI IPA at SMA Negeri 1 Tasikmalaya in the 2026/2026 academic year with a total of 246 students. The sample was determined by purposive sampling technique, resulting in 3 research classes, namely class XI IPA 6 as the experimental class, class XI IPA 4 as the positive control class, and class XI IPA 3 as the negative control class. The instruments used were a non-test instrument in the form of a questionnaire to measure self management consisting of 33 statements and a test instrument in the form of essay questions to measure reflective critical thinking skills consisting of 16 questions that have been tested for validity and reliability. The data analysis technique used was the MANOVA test and the ANOVA test with a significance level of $\alpha = 0.05$. The MANOVA test results showed a significance value of 0.000 (<0.05), which means there were significant differences simultaneously between groups. While the ANOVA test results showed a significance value of 0.016 (<0.05) on the self management variable and 0.000 (<0.05) on the reflective critical thinking skills. then H_a is accepted, meaning there are significant differences in the use of learning models in each class. From the results of this study it can be concluded that the ICARE model assisted by digital concept maps has a positive influence in improving students' self management and reflective critical thinking skills on the human nervous system material.

Keywords: *Self Management, Reflective Critical Thinking Skills, ICARE, Digital Concept Maps, Nervous System.*