THE RELATIONSHIP BETWEEN SELF-CONTROL AND EGOCENTRIC ATTITUDE IN CLASS XI STUDENTS OF REIS CENDIKIA MEDAN VOCATIONAL SCHOOL ACADEMIC YEAR 2021-2022

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Abstract

This study aims to: (1) determine the self-control of class XI students of SMK Reis Cendikia Medan in the 2021/2022 academic year. (2) to find out the egocentric attitude of class XI students of SMK Reis Cendikia Medan in the 2021/2022 academic year. (3) to find out whether there is a significant relationship between self-control and egocentric attitudes of class XI students at SMK Reis Cendikia Medan in the 2021/2022 academic year. The population in this study were students of class XI SMK Reis Cendikia Medan for the academic year 2021/2022, totaling 120 students were taken. As a sample of 30 students, the sample was taken using a random sampling technique, namely a sample taken in such a way that each research unit or unit element of population has an equal chance of being selected as a sample. The data of this study were collected using a questionnaire, namely a questionnaire about self-control and egocentric attitude. The form of the questionnaire used is a multiple choice form with 40 items for self-control variable (X) and 40 items for egocentric attitude (Y) which were first tested and analyzed to obtain a valid and reliable questionnaire. The correlation test technique used is the product moment correlation formula. From the calculation results, the correlation coefficient between self-control (X) and egocentric attitude (Y) is 0.740 and 0.430, according to the interpretation of the product moment correlation index, the figure indicates a strong or high relationship. . The results of the hypothesis test state that there is a significant relationship between self-control and the egocentric attitude of XI students of SMK Reis Cendikia Medan in the 2019/2020 academic year at a significant level of 5%. (tcount > ttable : 0.740 and 0.430 > 0.374)

Keywords– Self-Control, Egocentric,Student.

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1. Introduction

Education is seen as one aspect that has a major role in shaping future generations, so that it can produce quality and responsible human beings and be able to anticipate the future. Along with the rapid development in the era of globalization which is marked by the openness in the development of science and technology. It clearly demands a nation to prepare human resources. Quality human resources are very important for a nation to realize a better level of community life. The Indonesian nation is no exception, which implies the need for creative, independent, innovative, and democratic human resources, so the world of education must prepare and produce them. This shows that, one of the strategic paths used by the Indonesian people to realize quality human resources is through education.

Students as individuals carry out various activities to meet their needs. However, not all of these activities can be carried out or fulfilled by students due to several limitations, namely limited time, energy, thoughts and abilities. Everyone must have experienced a time when he did procrastination for various reasons, namely limited time, too much work, incomplete materials, not in the mood, lazy. The behavior of procrastination can be done by everyone from various circles. Based on observations made by researchers at the Reis Cendikia Vocational School, there are still many students 1. Lack of understanding of self-control 2. Students cannot control themselves well 3. Don't want to give in 4. Don't care about people and the environment around them, and all negative things in ourselves that will be present clearly.

Education itself has actually been obtained since the child was born either through formal, informal, and non-formal education. Children are the next generation of the nation that has potential, which can develop along with its growth and development. For this reason, it is hoped that the next generation as human resources will have intelligence, enthusiasm, not easily give up, and have character that can be obtained in the learning process.

The learning process that students go through will determine success and failure in achieving educational goals. For this reason, in achieving

achievements, students are expected to be able to compete and have high spirits so that they get the maximum possible results, and are able to go through the difficulties and challenges of life that face them. However, in reality when students are faced with life's difficulties and challenges, some of them give up very easily, stop without trying again, and some try to get to the point of success without giving up and all obstacles and difficulties they go through with high enthusiasm.

Basically, every human being has a selfish attitude whether in high, medium or little size, especially in teenagers who are still emotionally unstable. Selfishness is a nature that grows naturally from within humans. Because of its natural purity, until humans are not aware of the presence of selfish nature itself. And from this selfish nature can cause a problem, especially in social interaction with the surrounding environment. For example, differences of opinion are difficult to find common ground between one party and another, and in the end it causes harm to himself and others.

In this case, guidance and counseling is carried out by, against, and for the benefit of humans. Therefore, the view of human, or the view of human nature, will determine and become the operational basis of guidance and counseling, because the view of human nature will influence all the guidance and counseling actions.

From this opinion, it can be said that self-control is one of the factors that causes selfishness. Each individual has a mechanism or strategy to regulate and direct behavior which is usually referred to as self-control. As stated by Calhoun and Acocella 1990 in (Ghufron and Rismawati 2012:22) that self-control is a regulator of one's physical, psychological, and behavioral processes, in other words a series of processes that shape oneself.

Students have the main task of learning, if they have high self-control, they will be able to regulate, direct and control behavior. They are able to interpret the stimulus encountered, consider the consequences so that they are able to choose actions and do so by minimizing unwanted consequences. Individuals who have

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low self-control are not able to direct themselves well. This low self-control can make individuals do an egocentric attitude.

Referring to the problems above, the authors propose the title, "The Relationship of Self-Control with Egocentric Attitudes in Class XI Students at SMK Reis Cendikia Medan".

2. Method

Yusuf (201:43) "Quantitative research is when the data collected is in the form of quantitative data or other types of data that can be quantified and processed using statistical techniques."

According to Arikunto (2010: 51) "Research design is a plan or design made by researchers, as a series of activities to be carried out."

Based on the opinion above, the problem to be discussed in this study is to find out the extent of the relationship between self-control and students' academic procrastination. To find out these problems, quantitative research methods are considered the most effective because this method is called a positivistic method based on the philosophy of positivism, research data in the form of numbers and analysis using statistics. (Sugiyono, 2015:13).

This study uses a correlational research design using quantitative research, namely the relationship between Variable X and Variable Y. The research location that the authors set in this study is the Reis Cendikia Vocational School, Pasar 8 Jl. Prima, Forest, Percut Sei Tuan District, Deli Serdang Regency, North Sumatra 20371.

3. Result and Discussion

The data of this study were collected using a questionnaire, namely a questionnaire about self-control and egocentric attitudes. The form of the questionnaire used is a multiple choice form of 40 items for the self-control variable (X) and 40 items for egocentric attitude (Y) which were first tested and analyzed to obtain a valid and reliable questionnaire.

From the results of data analysis, the item scores with a total score can be obtained. Then after rcount is compared with rtable at a significant level of 5%

and N = 30 (df-2 = 28), then it can be 0.374 if the value of rcount (<) rtable, it can be concluded that these items are not significantly correlated with the total score (invalid), and if rcount (>) from rtable, it can be concluded that these items can be declared valid. Of the 40 questionnaires tested, 3 items were declared invalid, namely numbers 8, 22, and 23, so that 37 valid items were used to collect research data.

Reliability test is carried out to determine whether the instrument has the same result or can be used repeatedly, using the Alpha formula. Then it is known that r11 is 0.918 with N = 30 and consultation = 5%, the price of rcount = 0.918, because r11 = (0.918) > rtable (0.374), the calculation is reliable or can be trusted as a data collection tool. The full calculation can be seen in the attachment

Reliability test is carried out to determine whether the instrument has the same results or can be used repeatedly, using the Alpha formula. Then it is known that r11 is 0.946 with N = 30 and consultation = 5%, the price of rcount = 0.946, because r11 = (0.946) > rtable (0.374), the calculation is reliable or can be trusted as a data collection tool. The full calculation can be seen in the attachment.

Santoso (36:2012) provides guidelines for making decisions about data that is close to or is a normal distribution which can be seen from:

1. The significance or probability value is >0.05, then the data is not normally distributed.

2. Significance or probability value <0.05, then the data is normally distributed.

The results of the test using the Kolmogorov-Smirnov (K-S) statistical test are as follows:

One-Sample Kolmogorov-Smirnov Test

		Unstandardized Residual
N		30
Normal Parameters[a,b]	Mean	.0000000
	Std. Deviation	2.13510367
Most Extreme Differences	Absolute	.119
	Positive	.097
	Negative	-.119
Test Statistic		.119
Asymp. Sig. (2-tailed)		.200[c,]

The results of Kolmogrov-Smirnov show the number 0.200 with a significance level which means it is above 0.05, thus it can be concluded that the variables have been normally distributed.

The correlation test technique used is the product moment correlation formula. From the calculation results, the correlation coefficient between self-control (X) and egocentric attitude (Y) is 0.740 and 0.430, according to the interpretation of the product moment correlation index, the figure indicates a strong or high relationship. The results of the hypothesis test state that there is a significant relationship between self-control and the egocentric attitude of XI students of SMK Reis Cendikia Medan in the 2019/2020 academic year at a significant level of 5%. (tcount > ttable : 0.740 and 0.430 > 0.374).

4. Conclusion

Based on the results of research at Reis Cendikia Vocational School for the 2021-2022 academic year, it can be concluded that: Self-control is related to egocentric attitudes in class XI students of Reis Cendikia Vocational School Medan. The result of the product moment correlation calculation shows that the correlation coefficient (rxy) is 0.740 and 0.430. Looking at the calculation results above, it can be concluded (correlation) between the variable X Self Control has a high relationship with the variable Y egocentric attitude. And seen from tcount = 0.740 and 0.430 with dk = 30 at a significant level of 5%, the critical value or 0.374 is obtained, it can be concluded that there is a significant relationship and seen from tcount (0.740 and 0.374) > ttable (0.361).

The purpose of this study was to determine whether there is a "Relationship of Self-Control with Egocentric Attitudes in Class XI Students at SMK Reis Cendikia Medan". The questionnaire that has been distributed is the independent variable (X) namely self-control and the dependent variable (Y) is egocentric attitude. From the data analysis, it has been proven that there is a significant relationship between Self-Control and the egocentric attitude of class XI students at SMK Reis Cendikia Medan for the 2021-2022 academic year. This is indicated

by the product moment correlation (rcount = 0.740 > rcount = 0.430 > ttable = 0.374.

Individuals who have low self-control are not able to direct themselves well. This low self-control can make individuals do academic procrastination. There are several aspects that affect self-control, including: Behavioral Control, Cognitive Control, and Decision Control.

Egocentrism is the behavior of individuals who tend to lead to self-interest, and a way to view the things they receive, both positive and negative things that are obtained from their environment. If the things received by the individual tend to be positive, then the development of his ego will be good, but if the things he receives are negative, it will interfere with the development of the individual's ego to become what he wants. It can be said that individuals who have negative egos have more egocentric behavior than individuals who have positive egos.

Problems that often occur as a result of this teenager's thinking that is not in accordance with their cognitive development, such as students trying to be the center of attention with different appearances or behaving, always following their wishes regardless of risk, students are lazy to learn and think that even though they don't study, they must have good grades, feel unique. (no one understands their feelings), have low self-adjustment and make noise in class so that class discomfort is felt by all students.

Efforts that can be made to reduce this egocentric thinking are that guidance and counseling teachers can implement information services to the students concerned, by providing services to find out problems and then straighten their thoughts through a traditional emotive behavior approach, namely changing irrational thinking into rational so that feelings, attitudes and behavior the student did not act wrong. With the efforts of the guidance and counseling teacher, it can direct the adolescent egocentric in accordance with the adolescent development in these students.

In general, people who have high self-control will use the appropriate time and lead to more important behavior, namely studying/schooling, while people who have low self-control are unable to regulate and direct their behavior, so they

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will be more concerned with something more enjoyable. and is assumed to procrastinate a lot (procrastination).

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