



Use of Self-Management Strategies in New Students of Public Health Sciences State University of Malang

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ABSTRACT

The transition period from student to student is a challenge in itself for new students. These changes require the right strategy to speed up the adaptation process to the new environment. To be able to organize yourself well, self-management is needed. Self-management is a process where a person directs changes in his or her behavior using one or a combination of several strategies. This research aims to find out how self-management affects new students majoring in Public Health at the State University of Malang. The research method used is quantitative using direct socialization. The instrument used in this research was counseling material. The data collection process is through pretest-posttest with a multiple choice test with a total of 10 questions. The data that has been collected is then subjected to descriptive analysis and presented in narrative form. The research results showed that the level of student knowledge before the socialization was carried out was relatively low with an average of 50/100. Then after socialization was carried out, the average increased to 83/100. From this increase in results, it can be concluded that students already understand self-management and are expected to be able to apply it..

KEYWORDS

Self Management, Students

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INTRODUCTION

Studying at university is not as simple as you might think. As a student, you face a lot of work, problems, and responsibilities. Especially for new students. According to Oetomo et al (2017), new students refer to students who are in their first year of college. These jobs, difficulties, and responsibilities include completing various types of assignments, reports, papers, and tests, as well as other academic activities. Various factors and circumstances can also have an impact on student achievement success (Sumanggala et al., 2021).

Freshmen face additional time management and academic challenges as they move from high school to college. Ayala and Manzano (2018), stated that entry-level students may face challenges such as intense competition for achievement, diverse course assignments, choosing the wrong path, fear of dropping out of college, chaotic time management, and lack of self-control. Students' inability to regulate themselves independently or self-management can cause various problems (Lubis et al., 2023).

According to Cormier (1985) in an article written by (Priyambodo, 2015) self-management is a process where a person directs changes in their behavior by using one or a combination of several strategies. Self-management strategies are strategies that allow someone to regulate or monitor their behavior with a strategy or a combination of strategies to change behavior. Various self-management strategies include: 1) Self-monitoring, 2) Stimulus control, and 3) Self reward.

Students who apply good self-management will become more disciplined in studying and increase their learning creativity so that they can develop creative and original thinking abilities and achieve satisfactory results. Therefore, self-management must be embedded in every individual. They will have difficulty dividing their time and organizing their lives if self-management is not implemented. Someone will be needed to deal with the current problem. The more mature a person is, the more challenges they will face (Sumanggala et al., 2021).

Based on the background of the problem that has been described, this research seeks to reveal the level of self-management in new students of Public Health at the State University of Malang and how self-management influences student learning achievement. It is hoped that this research can provide input for institutions and lecturers that instilling self-management skills in students requires space and time so that it influences the smooth teaching and learning process for both students and students. With this knowledge, students can be motivated to always organize themselves well so that their cognitive, emotional, and psychomotor talents can achieve their goals.

MATERIALS AND METHODS

The research method used is quantitative. Application of this research method with direct outreach to research new students of Public Health Science, State University of Malang. This qualitative research uses humans as research instruments.

The population in this study has certain characteristics and has the same opportunity to be selected as the research sample. The research team involved respondents, namely new students of Public Health Sciences at, the State University of Malang. This research was conducted to find out how self-management affects new students majoring in Public Health at, the State University of Malang. The





instrument used in this research is counseling material containing the meaning, aspects, goals, benefits, steps, factors, and impact of self-management on new students in the Department of Public Health, State University of Malang. In carrying out the activity, the data collection process was carried out using an instrument in the form of a pretest-posttest with a multiple choice test consisting of 10 questions which aimed to measure the level of knowledge of the activity participants regarding self-management and its influence on new students.

The data analysis used is descriptive analysis to describe the magnitude and distribution of events. All the data that has been collected is then analyzed to describe the many events that occurred in the field and then presented in narrative form.

RESULTS AND DISCUSSION

Based on what has been observed, the problems faced by new students of Public Health Sciences at the State University of Malang are facing challenges such as intense competition to achieve achievements, various course assignments, choosing the wrong path, fear of dropping out of college, chaotic time management, and lack of self-control. Low knowledge about self-management causes various problems for new or first-year students. Therefore, this socialization activity aims to help students develop their self-management skills effectively. The level of knowledge of initial-level students majoring in Public Health Sciences regarding self-management is still low, this is proven by the results of the pre-test answers conducted by researchers.

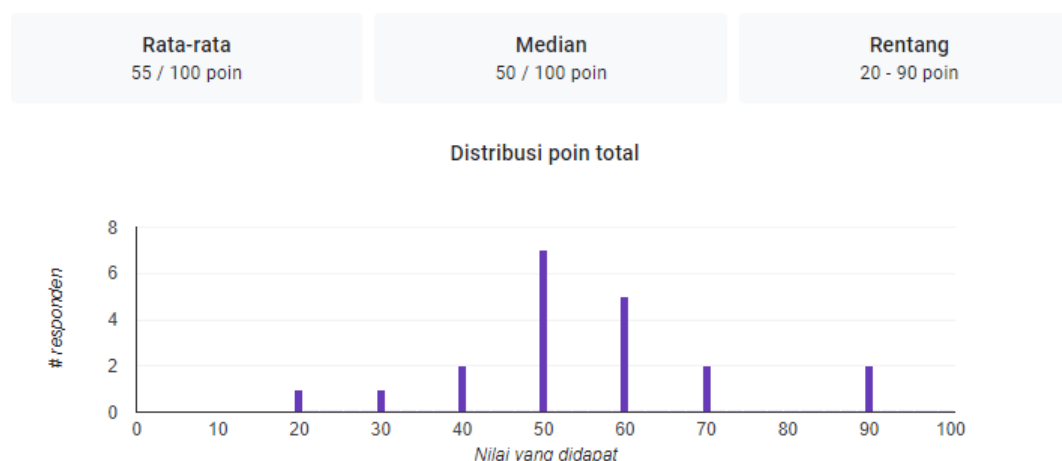


Diagram 1. Pre-test results of self management knowledge level in new students of the department of public health, state university of malang

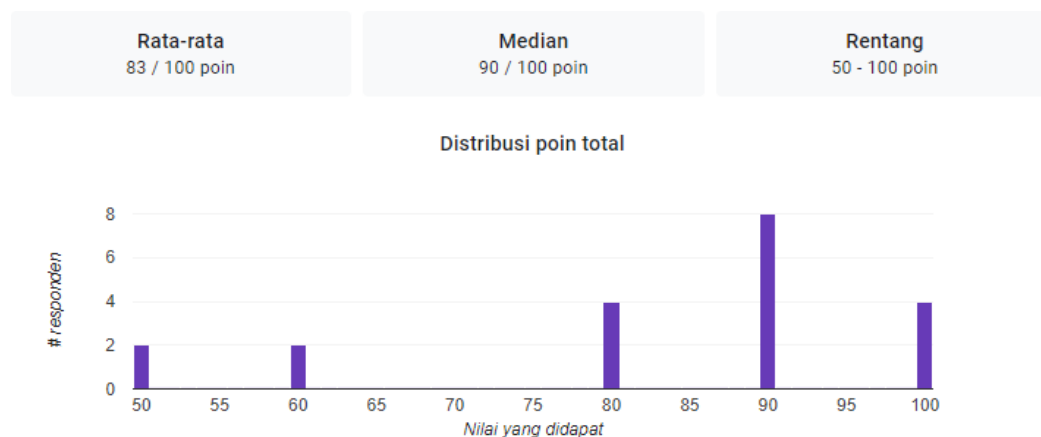


Diagram 2. Post-test results of self management knowledge level of new students majoring in public health sciences, state university of malang

Based on Figure 1, the pre-test results show that the average score of student respondents is 55/100 points, indicating low knowledge regarding self-management. After socializing the use of Self Management Strategies to New Students of Public Health at the State University of Malang, the respondents' knowledge increased. This increase was confirmed through the results of the Post-Test answers. This process proves the effectiveness of socialization activities in improving students' understanding of self-management. The existence of these positive changes can be considered an indicator of the success of the strategy implemented. Thus, it can be concluded that socialization plays an important role in increasing students' knowledge regarding self-management.

Based on Figure 2. The results obtained from the post-test which have been carried out have an average score of 83/100 points. This shows that there is a significant difference between the pre-test and post-test. From the data that has been displayed, it shows that there is a significant influence on the treatment given. This means that there is a significant difference between the level of knowledge of respondents before and after being given counseling material regarding the importance of self-management for students. The increase in self-management knowledge in this research occurred because the treatment provided had good content validity.

These results are in line with research conducted by Sumanggala et al (2021) which stated that there were significant changes before and after being given material regarding self-management. According to Priyambodo (2015), self-management strategies can help students improve their learning habits in class and this research also shows that self-management strategies can help subjects in setting learning goals and planning, memorizing, self-evaluation, organize and transforming, review material, and organize the environment. , searching for information, and taking notes in learning.

The different numbers between the pre-test and post-test reflect significant differences between the pre-test and post-test, indicating the effectiveness of the education material about the importance of self-management for students. The data presented provides concrete evidence that the treatment provided had a positive impact, resulting in a significant increase in the level of knowledge of



respondents.

The increase in self-management knowledge in this study can be understood as the result of treatment that has good content validity. This means that the outreach material provided is not only informative but also relevant and accurate. In line with research (Sumanggala et al., 2021), these findings confirm that material regarding self-management can produce significant changes in individual understanding.

Priyambodo (2015) supports this finding by noting that strategy self-management has a key role in improving student learning habits in the classroom. This research further shows that self-management strategies are not only limited to aspects of study habits, but also help subjects in setting goals, planning learning, self-evaluation, organizing and transforming, reviewing material, organizing the environment, searching for information, and taking notes in the learning process.

With these findings, the research makes an important contribution in the context of educational development, highlighting the importance of providing self-management material with good content validity to improve student understanding and skills

CONCLUSIONS

Self-management is an important thing that students must master. In its implementation, students can use several strategies, including 1) Self-monitoring, 2) Stimulus control, and 3) Self reward. With good self-management, you will get used to being responsible for yourself so you can become more disciplined in learning and increase your learning creativity. This can then support the ability to think creatively and originally and achieve satisfactory results. Apart from that, social support from institutions and lecturers is also needed so that students can instill self-management skills by providing space and time so that students can be encouraged to always manage themselves well so that their cognitive, emotional, and psychomotor talents can develop optimally

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