

**AN IMPLEMENTATION OF SOCIAL LEARNING METHOD
IN PROMOTING STUDENT'S SELF-REGULATION AT SMA
NEGERI 4 KUPANG**

A THESIS



NONCI HALLA

**ENGLISH EDUCATION STUDY PROGRAM
TEACHER TRAINING AND EDUCATION FACULTY
ARTHA WACANA CHRISTIAN UNIVERSITY**

KUPANG

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KUPANG
2026**

A THESIS

**This Thesis is Presented as Partial Fulfilment of the Requirements for the
Degree of *Sarjana Pendidikan* in English Education Study Program**



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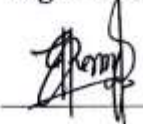
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Thus, this statement is made truthfully to be used properly.



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MOTTO

"For surely there is a future, and your hope will not be cut off."

Amsal 23:18"

DEDICATION

This writing is dedicated to the writer's beloved:

1. The writer dedicates this writing to God Almighty who has provided convenience and help so that the writer can complete this thesis well. Gratitude is expressed for all the blessings and graces conveyed.
2. To the writer's beloved parents, Yohanis Halla and Yosefina Abi. Thank you for accompanying me in completing this thesis, great parents who always send good prayers for the writer and always encourage the writer as the strongest support from the harshness of the world. And never stop giving love, attention, advice, motivation and support to the writer both morally and materially until he can reach this point. The author hopes to make them proud of what has been achieved.
3. To the writer's four beloved siblings, Yanto Halla, Yance Halla, Alfredo R. Halla and Nigsih Halla. For all the energy, advice, and good support given to the writer and always strengthening the writer through prayer, attention, affection, and teaching the meaning of patience.
4. The writer dedicates this thesis to her beloved almamater, as an expression of gratitude and appreciation for all the knowledge, guidance, and academic experiences that have been given during her study.

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Praise and gratitude I offer to Almighty God for His abundant grace and blessings that have enabled me to complete this thesis entitled “An Implementation of Social Learning Method in Promoting Students’ Self-Regulation at SMA Negeri 4 Kupang.”

This thesis is written as one of the requirements to obtain a Bachelor of Education degree in the English Language Education Study Program, Faculty of Teacher Training and Education, Artha Wacana Christian University, Kupang.

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The writer realizes that this thesis is far from perfect. Therefore, constructive suggestions and criticism are highly appreciated from future improvement.

Kupang, 30 January 2026



Nonci Halla

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ABSTRACT

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This study aims to explore the implementation of the social learning method in promoting students' self-regulation at SMA Negeri 4 Kupang. This study employs a qualitative approach with data collected through questionnaires and classroom observations. The participants consist of 30 students of SMA Negeri 4 Kupang. The findings reveal that the implementation of the social learning method enhances students' self-regulation in several aspects, including time management, emotional control, and learning motivation. Classroom observations show that students become more active and engaged in the learning process, demonstrating better cooperation and communication with their peers. The questionnaire results indicate that students feel more confident and capable of managing their own learning after the implementation of the social learning method. This study provides valuable insights for curriculum development and instructional practices at SMA Negeri 4 Kupang. The implementation of the social learning method can serve as an effective approach to foster students' self-regulation and improve the overall quality of learning.

Keywords: *social learning method, self-regulation, qualitative research, classroom observation, questionnaire*

Implementasi Metode Pembelajaran Sosial dalam Meningkatkan Regulasi Diri Siswa di SMA Negeri 4 Kupang

ABSTRAK

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Penelitian ini bertujuan untuk mengeksplorasi penerapan metode *social learning* dalam mendorong kemampuan pengaturan diri (*self-regulation*) siswa di SMA Negeri 4 Kupang. Penelitian ini menggunakan pendekatan kualitatif dengan teknik pengumpulan data melalui kuesioner dan observasi kelas. Partisipan dalam penelitian ini terdiri dari 30 siswa SMA Negeri 4 Kupang. Hasil penelitian menunjukkan bahwa penerapan metode *social learning* dapat meningkatkan kemampuan pengaturan diri siswa dalam beberapa aspek, termasuk manajemen waktu, pengendalian emosi, dan motivasi belajar. Hasil observasi kelas menunjukkan bahwa siswa menjadi lebih aktif dan terlibat dalam proses pembelajaran, serta menunjukkan kerja sama dan komunikasi yang lebih baik dengan teman sebaya. Data kuesioner menunjukkan bahwa siswa merasa lebih percaya diri dan mampu mengatur proses belajar mereka sendiri setelah penerapan metode *social learning*. Penelitian ini memberikan wawasan yang berharga bagi pengembangan kurikulum dan praktik pembelajaran di SMA Negeri 4 Kupang. Penerapan metode *social learning* dapat menjadi pendekatan yang efektif untuk menumbuhkan kemampuan pengaturan diri siswa dan meningkatkan kualitas pembelajaran secara keseluruhan.

KataKunci: *metode social learning, self-regulation, penelitian kualitatif, observasi kelas, kuesioner*

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