

DAFTAR PUSTAKA

- Agustianingsih, S. (2020). Diabetes *Self-Management Education And Support* (Dsm/Es) Dalam Meningkatkan Pengetahuan Dan Sikap *Self-Care* Pasien Diabetes Melitus Tipe II. Penambahan Natrium Benzoat Dan Kalium Sorbat (Antiinversi) Dan Kecepatan Pengadukan Sebagai Upaya Penghambatan Reaksi Inversi Pada Nira Tebu, 223-56.
- Al Musafiri, M. R., & Umroh, N. M. (2022). Hubungan Optimisme Terhadap Resiliensi Pada Mahasiswa Tingkat Akhir Yang Mengerjakan Skripsi. *Jurnal At-Taujih*, 2(2), 70. *Jurnal At-Taujih*, 2(2), 70. <https://doi.org/10.30739/jbkid.v2i2.1726>
- Almajid, S. H. (2023). *Self-Management* Mahasiswa Menyelesaikan Skripsi.
- Amalia, N. N., & Jaya, H. P. (2023). *Factors Hindering the Students in Completing Their Undergraduate Thesis: A Study at an English Education Study Program in Indonesia*. *Ijlecr - International Journal of Language Education and Culture Review*, 9(2), 24–36. <https://doi.org/10.21009/ijlecr.v9i2.37472>
- Anqi, Z. (2021). *Problems and Countermeasures of Educational Administration in Colleges*. *American Journal of Management Science and Engineering*, 6(6), 213. <https://doi.org/10.11648/j.ajmse.20210606.15>
- Chernyh, N., & Osipova, S. (2024). *Self-Management Competence in University Students: Essence and Structure*. *Bulletin of Kemerovo State University. Series: Humanities and Social Sciences*, 2024(1), 100–108. <https://doi.org/10.21603/2542-1840-2024-8-1-100-108>
- Covey, S. R. (1989). *The Seven Habits Of Highly Effective People*.
- Diah Pranitasari, I. M. (2022). *Intrinsic and Extrinsic Factors Affecting Student Motivation in Completing Thesis*. *Technium Social Sciences Journal*, 6(Januaria), 521–538.
- Yani, J., & Srimulat, F. E. (2023). *Administrasi pendidikan*. CV Tatakata Grafika. <https://books.google.co.id/books?id=Jv7lEAAAQBAJ>

- El-Freihat, S. M. (2021). *Challenges Facing Students In Writing Theses At The Jordanian Universities*. *Cypriot Journal of Education*, 16(6), 3267–3277.
- Abdykhalykova, Z., & E., A. (2024). Developing academic writing skills of prospective educators: Challenges and teaching strategies. *Journal Name*, 9(2), 466–477.
- Fachrozie, R., Sofia, L., & Ramadhani, A. (2021). Hubungan Kontrol Diri dengan Kecemasan pada Mahasiswa Tingkat Akhir dalam Menyelesaikan Skripsi. *Psikoborneo: Jurnal Ilmiah Psikologi*, 9(3), 509. <https://doi.org/10.30872/psikoborneo.v9i3.6495>
- Garrison, D. R. (1997). *Self-Directed Learning: Toward A Comprehensive Model*. *Adult Education Quarterly*, 48(1), 18–33. <https://doi.org/10.1177/074171369704800103>
- handayani, Tri; Handayani, Ita; Ikasari, I. H. (2019). Buku Statistika Dasar. *Angewandte Chemie International Edition*, 6(11), 951–952., 5–24.
- Howard, A. J., Morrison, J. Q., & Collins, T. (2020). *Evaluating Self-Management Interventions: Analysis of Component Combinations*. *School Psychology Review*, 49(2), 130–143. <https://doi.org/10.1080/2372966X.2020.1717367>
- Irawan, B. (2023). *Public Administration Challenges In Human Resource Management In The Education Sector*. *Indo-Mathedu Intellectuals Journal*, 4(2), 1349–1361. <https://doi.org/10.54373/imeij.v4i2.359>
- Jacob, O. N. (2020). *An Investigation into the Challenges Preventing Students of Educational Administration and Planning from Using ICT for Learning in Nigeria Higher Institutions*. *International Journal of Advances in Data and Information Systems*, 1(2), 69–79. <https://doi.org/10.25008/ijadis.v1i2.188>
- Jamil, F. R., Ramli, A., & Sudadi, S. (2023). Konsep Dasar Administrasi Pendidikan, Fungsi Dan Ruang Lingkupnya. *Tolis Ilmiah: Jurnal Penelitian*, 5(1), 53. <https://doi.org/10.56630/jti.v5i1.360>

- Jazimah, H. (2015). Implementasi Manajemen Diri Mahasiswa dalam Pendidikan Islam. *MUDARRISA: Journal of Islamic Education*, 6(2), 221. <https://doi.org/10.18326/mdr.v6i2.765>
- Joshi, B. M., Acharya, U., & Koirala, P. (2023). *Challenges Faced by Students in Open and Distance Mode of Education*. *NUTA Journal*, 10(1–2), 15–24. <https://doi.org/10.3126/nutaj.v10i1-2.62830>
- Kalun, P., Wong, M., & Poole, H. (2024). *Implementation of a Goal Setting and Time Management Program in Undergraduate Courses*. 15(2).
- Kamus Besar Bahasa Indonesia. (n.d.). Implementasi. Dalam Kamus Besar Bahasa Indonesia, (edisi daring). Diakses dari <https://kbbi.web.id/implementasi>
- Kamus Besar Bahasa Indonesia. (n.d.). *Self-Management*. Dalam Kamus Besar Bahasa Indonesia, (edisi daring). Diakses dari <https://kbbi.web.id/self-management>
- Kamus Besar Bahasa Indonesia. (n.d.). Skripsi. Dalam Kamus Besar Bahasa Indonesia, (edisi daring). Diakses dari <https://kbbi.web.id/skripsi>
- Kazu, İ. Y., & Kuvvetli, M. (2023). *Navigating the Challenges of Education Management Best Practices for Improving Student Outcomes*. *European Journal of Science and Technology*, 49, 68–74. <https://doi.org/10.31590/ejosat.1259005>
- Kouravand, N., & Motaghi, M. (2023). *Relationship between Strategic Knowledge Management and Self-Management and Organizational*. *Journal of Social Behavior and Community Health*, 1095–1106. <https://doi.org/10.18502/jsbch.v7i2.14084>
- Kurniawati, A., & Atmojo, A. E. P. (2022). *EFL Thesis Writing Anxiety: Causes, Effects, And Coping Strategies*. *Enjourme (English Journal of Merdeka): Culture, Language, and Teaching of English*, 7(2), 137–151. <https://doi.org/10.26905/enjourme.v7i2.8004>

- Laili, N. R., Dewi, Y. S., & Widiyawati, I. Y. (2019). Pengaruh Edukasi dengan Pendekatan Prinsip Siabetes *Self Management Education* (DSME) Terhadap Perilaku Kepatuhan Diet Pada Penderita Diabetes Melitus Tipe 2. *Cmnsj*, 1(1), 1–9.
- Lenzen, S. A., Daniëls, R., Van Bokhoven, M. A., Van Der Weijden, T., & Beurskens, A. (2017). *Disentangling Self-Management Goal Setting And Action Planning: A Scoping Review*. *Plos ONE*, 12(11), 1–22. <https://doi.org/10.1371/journal.pone.0188822>
- Lobo, J. (2023). *Students' Challenges and Barriers in the Completion of an Undergraduate Thesis in the Case of A Premier Local College in the Philippines*. *International Journal of Disabilities Sports and Health Sciences*, 6(1), 38–52. <https://doi.org/10.33438/ijdshs.1230630>
- Marif, A., & Konadi, H. (2023). *Academic Procrastination in Completing Students' Thesis*. *JUMPER: Journal of Educational Multidisciplinary Research*, 2(2), 82–93. <https://doi.org/10.56921/jumper.v2i2.139>
- Masruroh, S. (2023). Strategi *Self Management* (Studi Kasus Pada Mahasiswa Program Studi Psikologi Islam Iain Kediri Yang Menyelesaikan Skripsi Tepat Waktu Di Masa Pandemi). Iain Kediri. <https://etheses.iainkediri.ac.id/11562/>
- Mesiono, M., Wasiyem, W., Zakiyah, N., Fahrezi, M., Nursakinah, I., & Taufiq Azhari, M. (2024). Dinamika Kepemimpinan Perguruan Tinggi: Tantangan dan Strategi Manajemen untuk Menanggapi Perubahan Cepat di Era Globalisasi. *JIIP - Jurnal Ilmiah Ilmu Pendidikan*, 7(3), 3146–3153. <https://doi.org/10.54371/jiip.v7i3.3789>
- Miles, C., Arden-Close, E., Thomas, M., Bruton, A., Yardley, L., Hankins, M., & Kirby, S. E. (2017). *Barriers And Facilitators Of Effective Self-Management In Asthma: Systematic Review And Thematic Synthesis Of Patient And Healthcare Professional Views*. *Npj Primary Care Respiratory Medicine*, 27(1), 1–21. <https://doi.org/10.1038/s41533-017-0056-4>

- Moelong, L. J. (2022). *Metodologi penelitian kualitatif* (Edisi revisi, cet. ke-41). Bandung: Remaja Rosdakarya. ISBN 979-514-051-5.
- Mudra, H., & Sastria, E. (2023). *Measuring Anxiety Towards Research and Thesis Writing Among Islamic College Students: a Mixed-Methods Study*. Jurnal Tarbiyah, 30(1), 23. <https://doi.org/10.30829/tar.v30i1.2414>
- Oettingen, G. (2000). *Expectancy Effects On Behavior Depend On Self-Regulatory Thought. Social Cognition*, 18(2), 101–129. <https://doi.org/10.1521/soco.2000.18.2.101>
- Patton, M. Q. (2014). *Qualitative research & evaluation methods (4th ed.)*. Sage publications.
- Penyusun, T. (Ed.). (2021). Panduan Penulisan Skripsi Mahasiswa Fakultas Keguruan dan Ilmu Pendidikan Universitas Jambi. Universitas Jambi.
- Pontes, A., Coelho, V., Peixoto, C., Meira, L., & Azevedo, H. (2024). *Academic Stress and Anxiety among Portuguese Students: The Role of Perceived Social Support and Self-Management*. *Education Sciences*, 14(2). <https://doi.org/10.3390/educsci14020119>
- Pradika, M. H., Sutja, A., & Wahyuni, H. (2023). Penyebab Prokrastinasi Mahasiswa pada Penyelesaian Skripsi Fakultas Peternakan Universitas Jambi. Jurnal Pendidikan Tambusai, 7(1 SE-Articles of Research), 329– 334. <https://www.jptam.org/index.php/jptam/article/view/5298>
- Rahayu, E. Y., & Moesarofah, M. (2023). *The Solutions of Writing Undergraduate Thesis: A Narrative Inquiry Case Study*. *Linguistics and ELT Journal*, 10(2), 57. <https://doi.org/10.31764/leltj.v10i2.11987>
- Rahmadani Annisa, Rizka Tanjung Rahman, M. windi. (2024). Konsep administrasi pendidikan sekolah dasar. 3(20), 79–86.

- Rahmadani, H., Arlizon, R., & Saam, Z. (2017). Hubungan Manajemen Diri dengan Prestasi Belajar Mahasiswa Bimbingan Konseling Semester IV Universitas Riau. Jurnal Online Mahasiswa Fakultas Keguruan Dan Ilmu Pendidikan, 1–9. <https://media.neliti.com/media/publications/185017-IDhubungan-manajemen-diri-dengan-prestasi.pdf>
- Republik Indonesia. (2003). Undang-Undang Nomor 20 Tahun 2003 tentang Sistem Pendidikan Nasional. Diakses dari <https://peraturan.go.id/id/uuno20-tahun-2003>
- Republik Indonesia. (2012). Undang-Undang Nomor 12 Tahun 2012 tentang Pendidikan Tinggi. Diakses dari <https://peraturan.bpk.go.id/Details/39063/uu-no-12-tahun-2012>
- Ryan, R. M., & Deci, E. L. (2020). *Intrinsic And Extrinsic Motivation from A Self-Determination Theory Perspective: Definitions, Theory, Practices, and Future Directions*. *Contemporary Educational Psychology*, 61(XXXX), 101860. <https://doi.org/10.1016/j.cedpsych.2020.101860>
- Sari, E. R. (2017). Hubungan Antara Dukungan Sosial Dengan Kesiapan Kerja. Psikoborneo: Jurnal Ilmiah Psikologi, 5(2), 279–283. <https://doi.org/10.30872/psikoborneo.v5i2.4375>
- Sazonova, T., Boghdanova, V., & Proskura, O. (2022). *The Role of Self-Motivation in a Manager'S Professional Activity. State and Regions. Series: Economics and Business*, 1(1(124)), 89–93. <https://doi.org/10.32840/1814-1161/2022- 1-15>
- Shahsavar, Z., & Kourepaz, H. (2020). *Postgraduate Students' Difficulties In Writing Their Theses Literature Review*. *Cogent Education*, 7(1). <https://doi.org/10.1080/2331186X.2020.1784620>
- Siahaan, N, T. (2017). Beberapa Upaya Dan Perhatian Dalam Pemeliharaan Dan Pelestarian Lingkungan.

- Siti Futukhatul Khikmah, & BayuKurniawan. (2019). Analisis Pola Belajar Dan Strategi *Academic Self Management* Dalam Menyelesaian Skripsi Tepat Waktu. *The Indonesian Journal of Social Studies*, 2(2), 37–45. <https://journal.unesa.ac.id/index.php/jpips/article/view/8508/4156>
- Sulistyo P, B. (2020). Strategi Komunikasi dalam membentuk Budaya Keselamatan kerja melalui Implementasi Observasi PEKA (Pengamatan Keselamatan Kerja) di PT. X. Jurnal Kajian Ilmiah, 20(1), 1–12. <https://doi.org/10.31599/jki.v20i1.66>
- Valley, C. C. (2023). *Ethical Leadership in Educational Administration: International Perspectives and Lessons Learned.* 92–100. <https://doi.org/https://doi.org/10.59613/armada.v3i2.2839>
- Vickers, K. S. (2013). *Self-Management Education Approach: Engaging Patients in Creating a Personal and Relevant Action Plan (Part 2): I Keep Telling Patients What to Do, So Why Don't They Make Progress?* *Journal of Renal Nutrition*, 23(1), e1–e3. <https://doi.org/10.1053/j.jrn.2012.10.001>
- Wahidmurni. (2017). Pemaparan Metode Penelitian Kualitatif. 11(1), 92–105. <http://repository.uin-malang.ac.id/1984/2/1984.pdf>
- Wakhyudin, H., & Putri, A. D. S. (2020). Analisis Kecemasan Mahasiswa Dalam Menyelesaikan Skripsi. WASIS : Jurnal Ilmiah Pendidikan, 1(1), 14–18. <https://doi.org/10.24176/wasis.v1i1.4707>
- Yulanda Prabawati, A., & Ratna Estria, S. (2020). *Anxiety factors in students in completing thesis. Proceedings Series on Health & Medical Sciences*, 1, 66–68. <https://doi.org/10.30595/pshms.v1i.35>
- Zidni Immawan Muslimin. (2021). Berpikir Positif Dan Resiliensi Pada Mahasiswa Yang Sedang Menyelesaikan Skripsi . Jurnal Psikologi Integratif, 9(1), 115–131
- Zimmerman, B. J. (2002). *Becoming a self-regulated learner: An overview. Theory into Practice*, 41(2), 64–70. https://doi.org/10.1207/s15430421tip4102_2