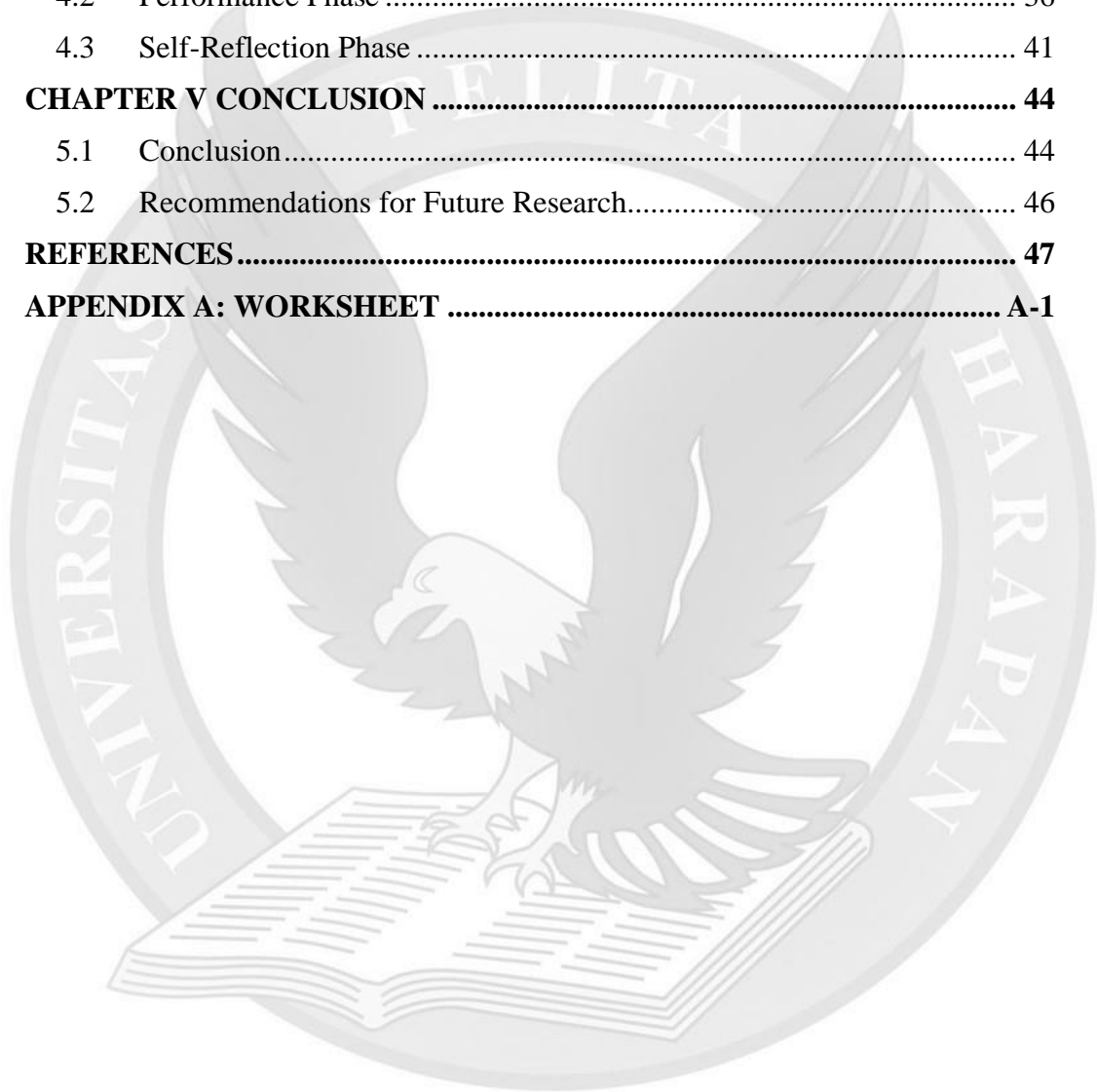


# CONTENTS

Page Number

<b>COVER TITLE</b>	
<b>FINAL ASSIGNMENT STATEMENT AND UPLOAD AGREEMENT</b>	
<b>PERSETUJUAN DOSEN PEMBIMBING TUGAS AKHIR</b>	
<b>PERSETUJUAN TIM PENGUJI TUGAS AKHIR</b>	
<b>ABSTRACT .....</b>	<b>v</b>
<b>ACKNOWLEDGEMENT .....</b>	<b>vi</b>
<b>CONTENTS.....</b>	<b>vii</b>
<b>LIST OF FIGURES .....</b>	<b>ix</b>
<b>LIST OF TABLES .....</b>	<b>x</b>
<b>LIST OF APPENDICES.....</b>	<b>xi</b>
<b>CHAPTER I INTRODUCTION.....</b>	<b>1</b>
1.1 Background of Research.....	1
1.2 Research Question .....	3
1.3 Purpose of Research .....	3
1.4 Scope of Research .....	3
1.5 Significance of Research .....	3
<b>CHAPTER II THEORETICAL FRAMEWORK .....</b>	<b>5</b>
2.1 Music Practice .....	5
2.1.1 Definition .....	5
2.1.2 Purpose .....	5
2.1.3 How Musicians Practice.....	6
2.1.4 Practice and Musical Achievement.....	7
2.2 Barry Zimmerman and Self-Regulated Learning .....	9
2.2.1 Definition of Self-Regulated Learning.....	9
2.2.2 Barry Zimmerman.....	10
2.2.3 The Triadic Model.....	11
2.2.4 The Multi-Level Model.....	12
2.2.5 The Cyclical Phases Model.....	13
2.3 Music Practice and Self-Regulated Learning .....	20
<b>CHAPTER III RESEARCH METHODOLOGY .....</b>	<b>23</b>
3.1 Research Design and Procedure .....	23

3.2	Literature Review .....	25
3.3	Data Sources .....	29
3.4	Data Analysis.....	30
3.5	Timeline of Research.....	31
<b>CHAPTER IV RESULTS.....</b>		<b>32</b>
4.1	Forethought Phase .....	32
4.2	Performance Phase .....	36
4.3	Self-Reflection Phase .....	41
<b>CHAPTER V CONCLUSION .....</b>		<b>44</b>
5.1	Conclusion.....	44
5.2	Recommendations for Future Research.....	46
<b>REFERENCES .....</b>		<b>47</b>
<b>APPENDIX A: WORKSHEET .....</b>		<b>A-1</b>



## LIST OF FIGURES

	Page Number
Figure 2. 1 Integrative Framework of Formal Practice, Motivational Profile, Practice Time, and Musical Achievement.....	8
Figure 2. 2 Zimmerman’s Triadic Model.....	12
Figure 2. 3 Zimmerman’s Multi-Level Model.....	13
Figure 2. 4 Zimmerman’s Cyclical Phases Model.....	14
Figure 2. 5 Zimmerman’s Revised Cyclical Phases Model.....	15
Figure 2. 6 Six Dimensions of Musical Self-Regulation.....	21
Figure 3. 1 Flow Diagram of the Research Process.....	24
Figure 4. 1 Front Section: Long-term Goals.....	33
Figure 4. 2 Section 1: Goal-setting and Strategic Planning.....	34
Figure 4. 3 Appendix: Setting Practice Goals.....	34
Figure 4. 4 Section 1: Outcome Expectations and Task Interest/Value.....	35
Figure 4. 5 Appendix: On Motivation.....	36
Figure 4. 6 Section 2: Self-Control.....	37
Figure 4. 7 Appendix: Strategies.....	38
Figure 4. 8 Front Section: List of Questions.....	39
Figure 4. 9 Section 0: Today’s Practice.....	40
Figure 4. 10 Section 2: Self-Observation.....	41
Figure 4. 11 Appendix: Elements to Observe.....	41
Figure 4. 12 Section 3: Self-Evaluation.....	42
Figure 4. 13 Section 3: Causal Attribution and Self-Satisfaction.....	42
Figure 4. 14 Section 3: Adaptive Decisions.....	43

## LIST OF TABLES

	Page Number
Table 3. 1 Data Sources .....	30
Table 3. 2 Timeline of Research .....	31
Table 5. 1 Sub-processes and Corresponding Sections.....	45



# LIST OF APPENDICES

Page Number

Appendix A Worksheet ..... A-1

