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Implementation of 7 Good Habits of Great Indonesian Children Through Writing for Goals Journaling Habits activity

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Abstract

The Great Indonesian Children's Habits Movement is a real manifestation of the Ministry of Education and Culture's commitment to developing a national education system that is oriented towards strengthening the nation's character. Through this movement, it will produce Indonesian children who are tough, superior and responsible both to themselves and to society, and will have an extraordinary impact on national change. This study aims to examine how community service activities are implemented, understand the perceptions and responses of junior high school students towards journaling activities as a medium for character building, and evaluate the effectiveness of journaling activities in implementing 7 good habits of great Indonesian children through writing for goals journaling habits activities. The habits that must be carried out by students every day are called the 7 habits of great Indonesian children, namely waking up early, praying, exercising, eating healthy and nutritious food, loving to learn, being in society, and going to bed early.

This study uses a descriptive qualitative approach with the method used being the counseling and mentoring method in the form of workshop activities carried out in collaboration with SMP Sumatera 40 Bandung. The results of the study indicate that the implementation of 7 good habits of great Indonesian children in the lives of junior high school students greatly helps them to achieve their goals and build strong characters, which are an important part of the Great Indonesian Children movement. This activity not only increases self-awareness and goal-setting skills, but also strengthens children's characters through daily reflection. Journaling provides space for personal and meaningful learning.

Therefore, the integration of positive habits in the world of education is an important step in realizing a competitive Indonesian golden generation that contributes to society. One effective way to instill positive habits is through writing for goals or journaling. Journaling can play a role in developing good habits and achieving goals gradually.

Keywords: Indonesia hebat , journaling, habits Good child , writing for goals

INTRODUCTION

Character education is one of the main pillars in forming a young generation that is qualified, has noble morals, and has competencies that are in accordance with the demands of the times. (Lisnasari & Solin, 2025) . Character development has become one of the main goals of education in the world, including Indonesia. Character reflect the values, attitudes and behaviors learned through education and daily life (Nugraha et al., 2024) .

Character education demands a holistic approach, encompassing harmonious physical, mental, and spiritual aspects. In this context, instilling noble values through daily habits is an effective strategy for forming quality individuals (Sinulingga, 2025) .

The Ministry of Primary and Secondary Education (Kemdikdasmen) on December 27, 2024 launched the "7 Habits of Great Indonesian Children Movement". The launch of the movement is an important milestone in the effort to create a golden generation of Indonesia towards 2045. The reason is, through these habits, Kemendikdasmen wants to ensure that Indonesian children not only excel in academic aspects, but also have strong personalities, social concern, and responsibility towards the surrounding environment. Without preparing a generation with character, Indonesia will become a nation that has no role in world society (Ministry of Primary and Secondary Education, 2024) .

The Great Indonesian Children's Habits Movement is a real manifestation of the Ministry of Education and Culture's commitment to developing a national education system that is oriented

towards strengthening the nation's character. The 7 Great Indonesian Children's Habits Movement sounds very simple, but if the movement can be perfectly internalized, it will have an extraordinary impact on national change. This habit is intended to ensure that children excel academically, have strong personalities, and demonstrate social and environmental concern (Haryanto, 2025).

If this habit is implemented for years, it will be internalized in the child into character. One of the main initiatives in this policy is the instillation of the 7 Habits of Great Indonesian Children, which are designed to form superior character and build a learning culture oriented towards the nation's noble values. The habits that must be carried out by children every day are called the seven habits of great Indonesian children, namely waking up early, praying, exercising, eating healthy and nutritious food, loving to learn, being in society, and going to bed early.

In Indonesia, the values of these 7 habits are very much in line with the spirit of strengthening character education. However, in practice, instilling these habits requires an interesting, applicable method that is in accordance with the child's psychological development. One approach that is considered effective and enjoyable is journaling or the activity of writing a daily journal. Journaling provides space for children to reflect on experiences, express feelings, and set goals personally. When journaling is done with the "Writing for Goals" approach, children not only write down daily events, but are also directed to instill awareness of goals, good habits, and concrete steps to achieve them.

Previous research has shown that journaling has a positive impact on increasing self-awareness, emotional regulation, and character development. (Smyth, 2016).

This is a strong basis for implementing journaling as a medium for implementing 7 good habits in children's lives. Therefore, this study focuses on how to Implement 7 Good Habits of Great Indonesian Children Through Writing for Goals Journaling Habits Activities.

This study aims to examine how the implementation of Abdimas activities, understand the perceptions and responses of junior high school students towards journaling activities as a medium for character building, and evaluate the effectiveness of journaling activities in implementing 7 good habits of great Indonesian children through writing for goals journaling habits activities.

METHOD

This study uses a descriptive qualitative approach, with the aim of understanding and describing the implementation of 7 good habits of great Indonesian children through writing for goals journaling habits activities.

The method used is the counseling and mentoring method. This Abdimas activity was carried out in collaboration with SMP Sumatera 40 Bandung.

Stages of Activity Implementation

The implementation of community service activities includes three main stages, namely; (1) preparation and coordination stage, (2) counseling and mentoring, and (3) monitoring and evaluation stage.

1. Preparation and coordination stage

In this stage, the team conducts initial observations to determine the condition of the target activity by analyzing the condition of the place to be used, coordinating with partners and related agencies before organizing the Abdimas activity, recording data on participants who will be given training, and preparing a design for the activities carried out, providing modules to participants. After identifying the needs, the activity team prepared training materials based on the observation results, which included the creation of workshop activity modules.

2. Counseling and mentoring stage

This counseling and mentoring activity was in the form of a workshop with 23 students and teachers of SMP Sumatera 40 Bandung which was held on April 12, 2025 at 09.00 - 14.30 WIB, at Makeupuchino Bandung.

3. Evaluation Stage

In the evaluation stage, the workshop participants were given a feedback questionnaire to measure the success of the Abdimas activities that had been implemented. This method is designed to provide real and sustainable impacts, ensuring that this outreach activity is not only technical but also provides benefits to schools, especially SMP Sumatera 40 Bandung.

RESULTS AND DISCUSSION

7 Good Habits of Great Indonesian Children

Seven habit child Indonesia is great, truly Once written in book *the 7 Habits of Highly Effective People* Stephen R. Covey's work, offers framework Work For build character positive since age early. Principle This become base character someone and create an empowering direction in which people can solve problem, maximize opportunity, continue learn, and integrate other principles in challenge continued future journey increase (Covey, 2019).

Seven habit Good child Indonesia is great designed For to form character superior and build culture learn that oriented towards values sublime nation. Habits that must be done by children every day called with seven habit great Indonesian children, namely get up morning, worship, exercise, eat healthy and nutritious, fond of study, socialize, and sleep fast (Ministry of Primary and Secondary Education, 2024).

1. Wake up early

Get up Morning is ideal habits to do between five o'clock to seven morning, even though time This can customized with need sleep and condition individual (Damanik & Ediyono, 2024).

As explained in book *The 7 Habits of Highly Effective People* work (Covey, 2019) build habit Good since early, like get up morning, no only support health physique but also improve productivity and discipline child. Habits get up a regular and quality morning No only help to form consistency and readiness yourself, but also become foundation important in support pattern life Healthy (Sinulingga, 2025).

2. Be obedient in worship

Embedding habit worship since early help child build proximity with God, and develop empathy, gratitude, and responsibility answer social. Obedience to worship also forms a strong religious character and integrity. Worship is not only limited to formal rituals such as prayer or fasting, but also includes every positive action carried out with the intention of getting closer to Allah (Jamaluddin et al., 2020).

3. Exercise Regularly

Regular physical activity such as exercise improves physical fitness and mental health. From a mental perspective, exercise can improve children's cognitive function. Introduction to the Great Indonesian Gymnastics Movement, which is a morning activity before learning designed to build enthusiasm and instill a healthy lifestyle from an early age (Hamzah & Cahyadi, 2025).

4. Eat Healthy and Nutritious Food

A healthy and nutritious diet ensures optimal growth and enough energy for learning and playing. Teaching children to choose balanced nutritious food forms healthy living habits into adulthood. The right diet will support their physical, mental, and emotional development (Intansari et al., 2023).

5. Love to learn

Love of learning is a habit that reflects a love for the learning process and the search for knowledge. Learning is a process that involves the development of competencies, skills, and attitudes that are relevant to life (Baharuddin & Wahyuni, 2015). Meanwhile, Ki Hajar Dewantara emphasized that learning is not only limited to mastering knowledge, but also includes the formation of character and personality. Love of learning grows through the encouragement of a supportive environment, intrinsic motivation, and appreciation of children's efforts (Putri, 2020). Cultivating an interest in learning in children encourages the development of creativity, imagination, and insight. Children who love to learn have a great opportunity to find new knowledge and form a sense of empathy and humility.

6. Socializing

Being in society is a concrete manifestation of human ability to live side by side and cooperate with others. One of the relevant habits is "respecting and appreciating each other," which reflects the importance of respecting diversity and caring for others (Goa, 2017). According to (Suharjana, 2013), this habit helps individuals build healthy relationships with others, strengthen social bonds, and create a harmonious environment. Involvement in social activities trains children to appreciate the values of mutual cooperation, tolerance, and cooperation. The habit of being in society increases responsibility for the environment and creates a sense of joy through social interaction.

7. Sleep Fast

Getting enough sleep according to a child's age is important for growth and health. Sleeping early is an important habit that supports physical, mental, and emotional health. According to (Walker, 2017), sleep is an essential biological process for regulating body functions, strengthening memory, and restoring energy. The habit of sleeping early helps the body's organs recover, restores mental and emotional well-

being, and maintains a balance between activity and rest. At the age of 12, the need for sleep is nine hours, decreasing to eight hours at the age of 20, seven hours at the age of 40, six and a half hours at the age of 60, and six hours at the age of 80 (Prayitno, 2022) .

Habits This reflect core values which are expected can become foundation for development personal and social Indonesian children . With consistent implementation and support from all elements of education, it is hoped that students will not only excel in academic aspects, but also have a strong character in facing the challenges of life in the future. Therefore, the integration of positive habits in the education ecosystem is an important step in realizing a competitive Indonesian golden generation that contributes to society (Lisnasari & Solin, 2025) .



Figure 1. Workshop activities with students of SMP Sumatera 40 Bandung

Junior High School (SMP) students, especially SMP Sumatera 40 Bandung, have great potential to develop and implement the 7 Habits of Great Indonesian Children, because junior high school age is a very important transition period in the formation of their character, habits, and social skills. They are between childhood and adolescence, which allows them to begin to understand more complex concepts and form habits that will affect their future.

Junior high school students have begun to have self-awareness and begin to learn about responsibility. At this age, they begin to understand the importance of discipline in living their daily lives, whether in studying, doing activities, or maintaining cleanliness. Good habit programs that emphasize discipline, such as the habit of completing assignments on time, waking up early, and organizing schedules, can be well received at this age. Inviting students to plan and evaluate their goals can also encourage the development of self-discipline habits.

Junior high school students have tremendous potential in developing and implementing the 7 Habits of Great Indonesian Children, because they are at the ideal age to form positive character, habits, and life skills. With the right approach, consistent motivation, and support from teachers, parents, and peers, junior high school students can adopt these good habits effectively, which will ultimately shape them into a smart, responsible, and noble generation.

Journaling

Journaling is a writing activity that is done consistently to reflect thoughts, feelings, experiences, and life goals. In the context of education, journaling is used to help students improve self-awareness, reflective skills, and emotional management (Smyth, 2016) . This activity is considered effective in supporting character building and solving personal problems.

Journaling is writing personal notes about thoughts, feelings and experiences. There are no hard and fast rules in writing this journal, because it is a private space to explore and reflect on oneself.

In the context of character education, goal-oriented journaling encourages students to build proactive habits, prioritize what is important, and evaluate their actions reflectively. According to (Duckworth et al., 2007) , goal setting integrated with self-reflection has a positive correlation with grit, responsibility, and academic success.

Writing for Goals

Writing for Goals is a form of journaling that focuses on goal setting and achievement objective personal . This approach involves writing down short-term and long-term goals, along with concrete strategies and steps to achieve them. Through this activity, individuals are trained to think strategically, create action plans, and evaluate progress (Zimmerman, 2002) .

Writing for Goals Journaling Habits refers to the habit of writing regularly with the aim of planning, tracking, and reflecting on the achievement of personal or professional goals. In the context of Indonesian children who are developing good habits, this activity does not only focus on writing goals, but also on forming positive habits that support the achievement of these goals. In writing for goals,

children are asked to write down their goals in a journal or notebook. These goals can be short-term or long-term and cover various aspects of life such as academic, social, or personal.

Implementing positive habits in children is very important to create a smart and characterful generation. In Indonesia, the Great Indonesian Children movement aims to foster good character and life skills in children. One effective way to instill positive habits is through writing for goals or journaling. Journaling can play a role in developing good habits and achieving goals gradually.

Journaling activities have several benefits (Li, 2023) , including: 1) improving learning abilities, 2) expressing emotions and building resilience, 3) better physical and mental health, 4) improving writing and communication skills, 5) developing critical thinking and problem-solving skills, 6) developing character, and 7) increasing creativity.

Lesson Plan:

1. Introduction to Journaling: Teach children what a journal is and how to journal for their own purposes. For example, each child can get a special journal or notebook.
2. Set SMART Goals: Teach children how to set goals that are Specific, Measurable, Attainable, Relevant, and Timely (SMART).
3. Steps to Achieve Goals: Show children how to plan small steps that will bring them closer to achieving their goals.

Writing for goals journaling habits is a very useful method for building positive habits in students. By writing down their goals, students can develop the skills needed to succeed in various areas of life, such as discipline, responsibility, and creativity.

Table 1. Post- Workshop Activity Questionnaire

QUESTION	ANSWER
Do you feel like journaling helps you get better at a particular habit, what is it?	Most students feel that journaling makes them better at living their daily habits and can make it easier to express them through journaling. In addition, they can consistently do activities or activities every day, and can become a more diligent and disciplined person.
Which of the 7 Habits is the most difficult for you to do? Why ?	From to seven habit well , some big student experience difficulty in do habit Sleep fast because of always feel restless and thinking something heavy , feel noisy with atmosphere at home so that difficult For fall asleep . In addition, the habit of exercising, eating healthy and socializing is still difficult for students to do.
Which habit do you like the most? Why ?	The habits that students like the most are very diverse , some like ... habit Eat nutritious , wake up morning , worship , and socialize .
Do you feel like you understand yourself better after writing in a journal? Explain this.	Most students feel more self-aware after journaling because they can express various thoughts and can tell various interesting experiences to write in the journal. By journaling, students can recognize and understand the various contents in their hearts and minds.

What is your message ? For other children who want to try this journaling ?	For students should more often make a journal so that everything activity become more regular and become habits that always done every the day and still consistent in do habits that have been written in book journal . Don't be afraid to try journaling because it is very useful especially for students who don't have a place to confide or express their thoughts. Try to be more open and write down what you feel. Most of the student after this workshop activity want to Keep going continue journaling habit because make all something become more regular and scheduled with Good and very helpful in activity daily .
Do you want to continue journaling after this project is finished? Why ?	

Table 1 containing summary results response student after follow activity devotion community (abdimas) which focuses on journaling practices as means to form habit positive . In the table there is questions reflective answers answered by the participants , aims For evaluate impact from journaling to life daily they .

The questionnaire results showed that most students felt the benefits of journaling in helping them to better carry out their daily habits. The habits that were most difficult to do were sleeping on time, exercising, eating healthy, and socializing, with reasons such as environmental distractions, anxiety, or habits that had not yet formed. On the other hand, the most preferred habits varied between individuals, such as waking up early, eating nutritious food, praying, and socializing.

Some participants also expressed that they understood themselves better after writing a journal, because this activity gave them space to express their thoughts and feelings freely. They encouraged other students to try journaling because it was considered effective as a medium for sharing and self-reflection. Interestingly, most students intended to continue the journaling habit even after the project was completed, because they had felt the real benefits in organizing daily activities.

Table 2. Evaluation of Community Service Activities

QUESTION	STS (%)	TS (%)	N (%)	S (%)	SS (%)
Activity materials according to participant needs	4%	0%	13%	48%	35%
The time for implementing the activity is relatively appropriate and sufficient	4%	4%	4%	39%	48%
The activity material presented is clear and easy to understand.	4%	0%	9%	39%	52%
The committee provided good service during	9%	0%	0%	9%	83%

the activity					
Participants	4%	0%	13%	39%	43%
accepted and					
hoped that					
activities like					
this would					
continue in the					
future.					

Table 2 serve results evaluation participant to activity devotion to community (abdimas), which is collected through questionnaire with five categories assessment : *Strongly Disagree (STS)* , *Disagree (TS)* , *Neutral (N)* , *Agree (S)* , and *Strongly Agree (SS)* .

1. The suitability of the material to the needs of the participants . Most participants gave a positive assessment, with 48% agreeing and 35% *strongly agreeing* . Only 4% *strongly disagreed* , indicating that the material presented was generally considered relevant.
2. Timeliness of implementation. The activity was considered quite appropriate by most participants, with 48% *strongly agreeing* and 39% *agreeing* . Neutral and negative values were only few, indicating that the implementation time was quite effective.
3. Clarity and ease of understanding the material. The assessment was very positive with 52% *strongly agreeing* and 39% *agreeing* . This indicates that the material was delivered well and easily understood by the participants.
4. Service by the committee. The majority of participants considered the service very good, as evidenced by 83% who *strongly agreed* and 9% who *agreed* . No participants expressed significant dissatisfaction.
5. Hope for similar activities in the future. As many as 43% *strongly agree* and 39% *agree* that similar activities should be continued. This shows the enthusiasm and high acceptance of the participants towards this program.

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CONCLUSION

Implementing 7 good habits of great Indonesian children in the lives of junior high school students greatly helps them to achieve their goals and build strong characters, which is an important part of the Great Indonesian Children movement. This activity not only increases self-awareness and goal-setting skills, but also strengthens children's characters through daily reflection. Journaling provides space for personal and meaningful learning.

Through these counseling and mentoring activities, most students felt the benefits of journaling in helping them carry out their daily habits better and hone their writing skills to express themselves.

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