



Reflections on Learning and Student Well-being and Learning Achievement

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ABSTRACT

Objective: This research aims to measure the impact of learning reflection activities on student well-being and learning achievement. The independent curriculum is a transformative curriculum from the previous curriculum. One of the goals of the independent curriculum is to create prosperous students (student well-being). The well-being of students will have an impact on high academic achievement. One effort to realize these two things is by carrying out learning reflection activities. **Method:** The subjects of this research were students in phase B, namely class IV students at Gambirano State Elementary School 03. This research is quantitative and experimental, with a pretest-posttest control group design. The data collection method was a student well-being questionnaire and a test on Indonesian language subjects. The learning reflection used is the 4F model. The data analysis technique uses the t-test. **Results:** The research results show that learning reflection using the 4F model impacts student well-being and learning achievement in Indonesian language subjects. **Novelty:** This research can be used as a reference for schools and teachers in creating a comfortable atmosphere, input about the pattern of student learning outcomes with their level of school well-being, support the importance of comfort to support student learning outcomes, and be used as a reference and consideration for similar research.

INTRODUCTION

The independent curriculum is one of the curriculum options the government offers educational units. Substantially, the independent curriculum is a curriculum developed from the previous curriculum (Rahmadayanti & Hartoyo, 2022; Sholeh et al., 2024; Sunarni & Karyono, 2023). This curriculum was developed flexibly and focused on essential material and character development and optimizing student competencies (Budiono, 2023; Nasution, 2022). The leading spirit of this curriculum is to liberate students in their learning; as stated by Ki Hajar Dewantara, "education demands that children conform to their nature." The implication of all this is how we create student well-being in learning, better known as Student well-being (Sasmito, 2023). Student Well-being in the independent curriculum is a concept that focuses on student welfare and happiness. Currently, research related to student well-being is an exciting issue (Sasmito, 2023). Recently, student well-being has been termed student satisfaction. This term refers to the relationship between emotions and student academic achievement (MacCann et al., 2020).

However, there has been a recent movement to designate the term student well-being with the term "well-being" as a frame of reference for discussion. Well-being is often described as a person's overall satisfaction with their life, enthusiasm, and emotional

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