

The Effectiveness of School Rules in Improving Student Discipline at South Totikum State High School

Sahrul Salingkat^{1*}, Rafli², Almanda³, Alya Revalina⁴

Universitas Muhammadiyah Luwuk

Corresponding Author: Sahrul Salingkat; sahrulsalingkat05@gmail.com

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ABSTRACT

This study aims to examine the effectiveness of school regulations in improving student discipline at SMA Negeri Totikum Selatan. The research is grounded in the understanding that discipline plays a crucial role in shaping students' character, responsibility, and the creation of a positive learning environment. A descriptive quantitative approach supported by qualitative data was employed in this study. Data were collected through classroom observations, student questionnaires, and interviews with teachers and school administrators. The findings indicate that the implementation of school rules has been carried out consistently, supported by active teacher supervision and the balanced application of sanctions and rewards. Clear regulations, continuous socialization of rules, and teachers' role modeling significantly contribute to students' compliance, including punctuality, proper dress code adherence, and appropriate classroom behavior. However, certain challenges remain, such as limited individual awareness among some students and external environmental influences. In conclusion, the enforcement of school regulations at SMA Negeri Totikum Selatan can be considered effective in enhancing student discipline, particularly when reinforced by collaboration among the school, students, and parents. This study suggests that periodic evaluation of school policies is necessary to ensure their relevance to students' developmental needs

INTRODUCTION

The theoretical study in this research aims to examine the concept of the effectiveness of school regulations as an instrument for fostering student behavior. School regulations are a set of rules designed to regulate student behavior in schools to create an orderly, safe, and conducive learning environment. In educational management, regulations serve not only as a control tool but also as a means of character development. The effectiveness of regulations can be measured by the level of student compliance, the consistency of their application, and their impact on behavioral change toward more discipline. Therefore, effective regulations are not merely written but understood, accepted, and consistently implemented by the entire school community.

The concept of student discipline is the primary foundation of this research. Discipline can be understood as obedience and compliance with applicable rules, both written and unwritten. From an educational psychology perspective, the behaviorist theory proposed by B.F. Skinner emphasizes that behavior can be shaped through reinforcement and punishment. The implementation of school regulations accompanied by a clear system of rewards and sanctions is believed to be able to foster positive habits in students. Furthermore, a consistent approach to habituation will foster self-control, so that discipline is no longer an external force but rather an internal need for students. From a school management perspective, the effectiveness of disciplinary rules is also influenced by the principal's leadership and the role of teachers in supervision. Educational management theory emphasizes that good regulations must be comprehensively socialized, implemented fairly, and periodically evaluated. When all school components share a commitment to implementing the rules, a culture of discipline will be formed collectively. Thus, disciplinary rules are not solely the responsibility of students, but a shared responsibility of the school, teachers, and parents.

Several previous studies have shown that consistent implementation of disciplinary rules is positively correlated with increased student discipline. Studies in various secondary schools have shown that schools with clear monitoring and sanction systems tend to have lower violation rates. Other research has also found that parental involvement in supporting the implementation of school disciplinary rules contributes to strengthening the results achieved. These findings provide empirical evidence that systematically designed and consistently implemented disciplinary rules can be an effective instrument in fostering disciplined behavior.

In addition to rules and sanctions, communication and role models are also important tools for improving student discipline. Teachers who demonstrate discipline in attendance, punctuality, and responsibility will serve as role models for students. In this context, the social learning theory developed by Albert Bandura emphasizes that individuals learn through modeling the behavior of others. Therefore, the effectiveness of school discipline will be optimal if supported by consistent behavior from educators who act as role models in the school environment.

LITERATURE REVIEW

Based on theoretical descriptions and previous research, it is understood that the effectiveness of school discipline in improving student discipline is influenced by several factors, namely clarity of rules, consistency of implementation, a reward and sanction system, teacher role models, and support from the school environment. In the context of this research, Totikum Selatan State Senior High School was the object of study to determine the extent to which the implemented discipline fosters student discipline. Implicitly, this research assumes that the more effective the implementation of school discipline, the higher the level of student discipline, which is reflected in daily attitudes and behavior within the school environment. Discipline is a crucial element in the educational process because it plays a role in shaping students' character, responsibility, and positive habits. An orderly and organized school environment creates a conducive learning environment, enabling effective learning activities. School regulations serve as behavioral guidelines that regulate the rights, obligations, and boundaries of all members of the school community. Through clear and structured rules, schools strive to instill values of discipline that apply not only to the educational environment but also to everyday life.

Establishing school regulations is not simply about enforcing rules but also about building students' awareness of the importance of complying with applicable norms. Well-socialized and consistently implemented regulations can help students develop a sense of time, responsibility for assignments, and maintaining good behavior and appearance. However, the effectiveness of regulations is greatly influenced by various factors, such as teacher role models, the supervision system, the administration of sanctions and rewards, and parental support. As a formal educational institution, South Totikum State High School plays a strategic role in shaping students' discipline through established policies and regulations. In practice, schools face diverse student behavior dynamics, necessitating an appropriate approach to enforcing rules. Efforts to foster discipline are not solely carried out through sanctions, but also through coaching, direction, and effective communication between teachers and students.

Despite the well-designed rules, violations by some students are still found, such as late arrivals, inappropriate uniforms, and a lack of order during the learning process. This situation indicates that the mere existence of rules does not necessarily guarantee optimal discipline. Therefore, a study is needed to determine the extent to which implemented rules have a tangible impact on improving student discipline. Based on this description, this study focuses on analyzing the effectiveness of school rules in improving student discipline at Totikum Selatan State High School. This study is expected to provide a comprehensive overview of the implementation of school rules and the factors that support and hinder their success. The results of this study are also expected to serve as evaluation material and considerations for the school in refining policies related to fostering student discipline.

METHODOLOGY

This study used a descriptive quantitative approach to analyze the effectiveness of school regulations in improving student discipline at Totikum Selatan State Senior High School. This approach was chosen because the research focused on measuring students' compliance with applicable regulations and assessing their influence on disciplinary behavior within the school environment. Descriptive methods were used to describe the actual implementation of regulations without providing special treatment to respondents. This method was also based on several previous studies showing that evaluating the effectiveness of school policies can be done by measuring indicators of disciplinary behavior and the school community's perceptions of rule implementation.

The research subjects were students as the primary respondents, with teachers and the vice principal for student affairs serving as supporting informants. Purposive sampling was used, taking into account respondents' direct involvement in the implementation and supervision of school regulations. Data collection involved distributing questionnaires to measure students' levels of discipline and perceptions of the effectiveness of regulations, observing the implementation of regulations in daily school activities, and conducting structured interviews to obtain more in-depth information regarding the strategy for establishing regulations.

Documentation, including violation data and school policy archives, served as additional data sources to strengthen the research findings. Data analysis was carried out by processing the questionnaire results into percentages and assessment categories, then interpreting them to determine the level of effectiveness of school discipline. Data from observations and interviews were analyzed through a reduction process, grouping findings based on themes, and systematically drawing conclusions. To ensure data validity, triangulation of techniques and sources was conducted by comparing the results of the questionnaire, observations, interviews, and documentation. With these procedures, this study is expected to provide an objective and comprehensive picture of the effectiveness of school discipline in improving student discipline based on actual conditions at the school.

RESULTS AND DISCUSSION

Implementation of Discipline

Based on research conducted at South Totikum State High School, the implementation of school discipline has been shown to have a significant impact on student discipline. Observations conducted over 45 days revealed a marked change in behavior, particularly in terms of compliance with established school rules. Students became more aware of the importance of adhering to applicable rules, both in academic settings and in daily school life. This demonstrates that school discipline is not merely a formality, but a vital tool in shaping student character. Regarding punctuality, data shows a clear improvement. Students who were previously frequently late to class now tend to arrive early or on time. This phenomenon is reflected not only in attendance but also in students' readiness for class, such as bringing books, stationery, and notes. Student

engagement from the start of class demonstrates that implementing discipline can motivate students to be more responsible in their responsibilities at school.

The implementation of school uniform regulations has also had a positive impact. The majority of students now wear uniforms according to regulations, both in terms of style and neatness. This demonstrates that clear and consistent rules can foster disciplined habits in appearance. Furthermore, adherence to the dress code creates a neat and orderly school atmosphere and fosters a sense of pride in the school's identity. Discipline in maintaining the cleanliness of the school environment has also improved. Students are more active in maintaining the cleanliness of classrooms, laboratories, and common areas such as the cafeteria and schoolyard. The implementation of rules that focus on cleanliness and responsibility for public facilities makes students more aware of the importance of a healthy and comfortable environment. These results indicate that rules not only foster individual discipline but also build collective awareness.

Interviews with teachers indicate that implementing rules makes classroom management easier. Teachers reported a decrease in the frequency of minor infractions, such as talking out of turn, using gadgets, or leaving the classroom without permission. With clear and consistent rules, teachers can focus more on learning activities rather than dealing with disciplinary issues. This also indicates that rules support the effectiveness of the overall teaching and learning process. The implementation of consequences for violations of rules is educational. Students who violate them are given the opportunity to correct their mistakes and understand the consequences of their actions. This technique helps students learn responsibility and the impact of their behavior, rather than simply feeling punished. Thus, school regulations become an effective means of character education, not just restrictive rules.

Sanctions

In addition, teacher supervision, the involvement of the school committee, and internal supervisors also strengthen the effectiveness of disciplinary rules. The school committee ensures that rules are applied evenly and fairly, so that no student feels favored. This consistency is a crucial factor in building student trust in the rules, as they understand that everyone at school is following the same rules. A survey of students found that the majority acknowledged that school rules helped them develop positive habits. Students became more disciplined in completing assignments, completing homework, and following class schedules. These changes demonstrate that disciplinary rules not only regulate physical behavior but also foster a more organized and responsible mindset.

The effectiveness of disciplinary rules is also evident in student participation in extracurricular activities. Students who are disciplined in time management are more likely to participate in additional activities, such as organizations, sports, and the arts. This increased participation demonstrates that the discipline fostered through school disciplinary rules impacts the holistic development of students' potential, both academic and non-academic. In addition to improving individual discipline, school disciplinary rules also help reduce conflict between students. The existence of clear rules regarding etiquette, social interaction, and problem-solving enables students to communicate better

and respect each other. This creates a more harmonious school environment and supports the optimal achievement of educational goals.

Observations indicate that rules not only influence students' external behavior but also foster internal discipline. Students become more independent in managing their study time, preparing lesson materials, and taking responsibility for their personal responsibilities. This indicates that rules play a role in developing character that can be applied not only in school but also outside the formal educational environment. Teachers report increased student respect for teachers and peers. Rules that emphasize politeness, respect, and ethical communication encourage students to be more careful in their speech and actions. This increased mutual respect positively impacts the quality of social interactions at school, ultimately supporting a more conducive learning process.

Effectiveness Analysis

From an academic perspective, improved student discipline has a positive impact on learning quality. Students who comply with rules tend to be more focused and consistent in their studies, resulting in an upward trend in their academic grades. This reinforces the notion that discipline is not just about behavior but also contributes directly to academic achievement. A review of school regulations indicates the need for a more creative approach to communicating regulations. The use of interactive methods, such as class discussions, situation simulations, and case studies, can help students better understand the importance of discipline and school rules. This approach also makes students feel more involved in the rule enforcement process, making compliance more natural. Another aspect that supports the effectiveness of regulations is clear and regular communication between the school and students. Consistent dissemination of rules ensures students understand the consequences of any violations and the benefits of compliance. Through a strong understanding, student discipline becomes more stable and not just temporary. However, this study also encountered several challenges. Some students still demonstrated non-compliance in certain areas, such as during recess or outside of direct teacher supervision. This indicates that the implementation of regulations requires consistent and continuous supervision to ensure all students remain on track with the rules.

Other Supporting Factors

Parental encouragement has also been shown to be a crucial factor. Students who receive guidance on discipline at home tend to be more productive in complying with school rules. This indicates that collaboration between school and family is crucial in developing holistic and sustainable discipline. Further research shows that school rules, implemented firmly yet educationally, can foster long-term discipline. Students who are accustomed to obeying rules from an early age will internalize the value of discipline in their daily lives, so that discipline becomes part of their character, not merely formal compliance. The findings of this study align with educational management theory, which states that school rules and regulations play a crucial role in shaping orderly, responsible, and ethical student behavior. Consistent implementation of rules can create a safe, comfortable, and conducive learning environment for both academic and social development. Overall, it can be concluded that the rules at

South Totikum State High School are effective in improving student discipline. This success is influenced by consistent rule enforcement, the involvement of teachers, the school committee, students, and parental support. An educational approach ensures that discipline is not merely a formality but becomes a habit and an ingrained characteristic of students.

CONCLUSIONS AND RECOMMENDATIONS

Based on research results and data analysis at Totikum Selatan State Senior High School, it can be concluded that the implementation of school regulations has proven effective in improving student discipline. Clear, consistent, and educationally implemented regulations can shape students' behavior to be more orderly, responsible, and respectful of time and applicable rules. This improvement in discipline is evident in students' discipline in attending classes on time, adherence to uniforms and environmental cleanliness, and the ability of students to organize themselves in completing assignments and participating in school activities. Furthermore, regulations also have a positive impact on the development of student character, social ethics, and harmonious interactions between students, thus creating a conducive learning atmosphere. Despite their proven effectiveness, this study also found that the success of regulations is highly dependent on consistent enforcement of the rules and the involvement of all relevant parties, including teachers, the school committee, and parents. Several obstacles still arise, especially in areas with less supervision or for students who require additional guidance. Therefore, regulations must be implemented comprehensively, supported by even supervision, the imposition of educational sanctions, and clear communication regarding the rules' objectives and benefits for students. This holistic approach will ensure that student discipline is not merely formal, but becomes a habit that is ingrained and has long-term impacts.

FURTHER STUDY

Based on these conclusions, several suggestions can be made to improve the effectiveness of school discipline. First, schools are advised to communicate rules interactively and regularly through class discussions, simulations, or other creative methods to help students better understand and internalize discipline. Second, parental involvement needs to be increased to support the development of discipline at home. Third, schools can implement a reward system for obedient students as a form of positive motivation. With this combination of strategies, school discipline becomes not only a rule to be obeyed, but also an effective character education tool to shape students who are disciplined, responsible, and ready to face life's challenges.

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