

## **The Relationship Between Dicipline And Student Performance Using Heart Rate Variability (HRV) Biofeedback**

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### **ABSTRACT**

Discipline is one of the most important elements in shaping the core identity of individuals. Students who are lack of discipline will demonstrate lack of interest in education and this will consequently hinder the development of human capital. The aim of this study was to analyze the relationship between discipline and achievement by using the HRV. The respondents of this study were third year students from the Faculty of Civil Engineering and Natural Resources, Universiti Malaysia Pahang (UMP) and Universiti Tun Hussien Onn Malaysia (UTHM). A total of 50 respondents had been selected to undergo this study. The results showed a significant relationship between academic achievement and self discipline among students. For further study, larger sample size is required to verify the results of the research.

**Keywords:** Dicipline, Student Performance, Heart Rate Variability

### **1.0 Background**

Discipline is a word that is synonymous with our daily life. According to Foucault (2007), discipline is a form of inspection and getting oneself accustomed to a desired practice. According to the Cabinet Committee Report (1979), discipline is a type of training done in order to produce individual human being who are noble, rational, law-abiding, respect the rights of other individuals, responsible and willing to contribute to the society and the country. From the pespective of child development area, discipline refers to self-control and behavior (Papalia, Olds & Wendkos Duskin Feldman, 2006). According to Straus (2006) highly disciplined individuals possess certain degree of loyalty in doing things. This opinion was supported by Elicker et. al. (1992) and added another thing to the features; order. Order refers to the attitude or behavior of an individual in executing a command. Orderly, committed and consistent refer to self determination in doing things and always be firm about it (Turner, 2006).

Discipline also has a relationship with academic achievement. According to Baumrind, D. (1997), individuals with high academic achievement are more disciplined and responsible. Referring to psychological theory, the change in performance is related to self-concept. Shaffer (1985) and Rohaty (1992) described the self-concept as one's understanding or comprehension about oneself as an individual. According Rohaty (1992), self-concept can be classified into two types, positive self-concept and negative self-concept. Positive self-concept is defined as a condition or situation in which an individual believe and has confidence and able to accept criticism or view of rational situation, and this refers to individuals with high achievement.

Azizi et. al. (2005) explain that the negative self-concept is to have a mental and emotional that are prone to be influenced by outside elements and have no confidence when facing problems. Individuals that belong in this category are individuals who are lack of discipline and have low academic achievement.