ABSTRAK

SELF-EFFICACY MAHASISWA DALAM MENGERJAKAN SKRIPSI DAN IMPLIKASINYA TERHADAP UPAYA PENINGKATAN SELF-EFFICACY

(Studi Deskriptif Pada Mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta Angkatan 2010)

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Penelitian ini merupakan penelitian deskriptif kuantitatif yang bertujuan untuk (1) mendeskripsikan tingkat self-efficacy mahasiswa dalam mengerjakan skripsi (2) mengidentifikasi item pengukuran self-efficacy yang tergolong sedang, rendah dan sangat rendah serta upaya untuk dapat membantu meningkatkan self-efficacy..

Sampel penelitian ini adalah mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma yang berjumlah 40 orang. Instrumen penelitian yang digunakan adalah kuesioner self-efficacy. Kuesioner disusun oleh peneliti berdasarkan aspek-aspek self-efficacy menurut Bandura (1997) dengan 70 pernyataan. Data dianalisis dengan menggunakan kategorisasi jenjang (ordinal) menurut Azwar (2007). Kategorisasi tingkat self-efficacy mahasiswa semester 8 angkatan 2010 Program Studi Bimbingan dan Konseling digolongkan menjadi 5 yaitu: sangat tinggi, tinggi, sedang, rendah dan sangat rendah.

Hasil penelitian menunjukkan bahwa: terdapat 11 mahasiswa (27%) yang memiliki self-efficacy sangat tinggi, terdapat 28 mahasiswa (70%) yang memiliki self-efficacy tinggi, terdapat 1 mahasiswa (3%) yang memiliki self-efficacy sedang, dan tidak terdapat mahasiswa yang memiliki self-efficacy rendah dan sangat rendah. Berdasarkan hasil penelitian tersebut, peneliti memberikan upaya peningkatan self-efficacy pada mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma angkatan 2010 semester 8.

ABSTRACT

SELF-EFFICACY OF THE STUDENT IN THE PROCESS OF WRITING THESIS AND THE IMPLICATION TOWARD THE INCREASING OF SELF-EFFICACYEFFORT

(Descriptive Study on Student of Guidance and Counselling Program of Sanata Dharma University 2010)

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This research is a quantitative descriptive research which has the goal to (1) describe student's level of *self-efficacy* in working on their thesis (2) identify the measurement items of *self-efficacy* which are grouped into average, low and very low in order to help increasing the *self-efficacy*.

Samples of the research are 40 students of Guidance and Counselling Programs of Sanata Dharma University. Instrument of research is in a form of *self-efficacy* questionnaire and the questionnaire is made by the researcher based on aspects of *self-efficacy* according to Bandura (1997) with 70 statements. The data is analyzed using ordinal categorization according to Azwar (2007). The categorization of student's *self-efficacy* level is grouped into five levels, those are: very high, high, average, low and very low.

Result of the research show that : there are 11 students (27%) who have very high level of *self-efficacy*, there are 28 students (70%) who have high level of *self-efficacy*, and there are 1 student who has average level of*self-efficacy*, and there is no students who is in the low and very low level of *self-efficacy*. Based on the result, researcher tries to increase the *self-efficacy* level of students who are in 8th semester of Counselling and Guidance Program of Sanata Dharma University.