

ABSTRAK

HUBUNGAN ANTARA EFIKASI DIRI DENGAN *PROBLEM FOCUSED COPING* MENGHADAPI MASALAH SKRIPSI

Penelitian ini bertujuan untuk mengetahui apakah ada hubungan antara efikasi diri dengan *problem focused coping* dalam menghadapi masalah skripsi pada mahasiswa. Efikasi diri diidentifikasi sebagai variabel bebas, sedangkan *problem focused coping* menghadapi masalah skripsi diidentifikasi sebagai variabel tergantung. Subjek penelitian adalah mahasiswa-mahasiswa Fakultas Psikologi Universitas Sanata Dharma Yogyakarta yang sedang mengerjakan skripsi. Jumlah subjek penelitian 70 orang mahasiswa perempuan. Alat ukur yang digunakan untuk mengumpulkan data adalah Skala Efikasi Diri dan Skala PFC yang disusun sendiri oleh penulis berdasarkan aspek-aspek efikasi diri Bandura (1977) dan aspek-aspek *problem focused coping Ways of Coping Scales* dari Aldwin dan Revenson (1987). Metode analisis data menggunakan teknik korelasi *product-moment Pearson* dengan komputasi *SPSS 10.0 for Windows*. Hasil analisis menunjukkan bahwa ada hubungan yang signifikan antara efikasi diri dengan *problem focused coping* menghadapi masalah skripsi ($r = 0.454$; $p < 0.01$). Sumbangan efektif efikasi diri terhadap *problem focused coping* sebesar 20.6%. Dengan demikian hipotesis yang diajukan bahwa ada hubungan positif antara efikasi diri dengan *problem focused coping* menghadapi masalah skripsi diterima.

ABSTRACT

THE RELATIONSHIP BETWEEN SELF-EFFICACY AND PROBLEM FOCUSED COPING IN FACING THE THESIS PROBLEMS

This research is aimed at knowing whether there is a relationship between self-efficacy and problem focused problem in facing the thesis problem for the student of the university. The self-efficacy is identified as independent variable, while problem focused coping is identified as dependent variable. The subjects of the research are students of Sanata Dharma University of Yogyakarta majoring in psychology faculty, who are in the process of finishing the thesis. The amount of the subject are seventy (70) students that consist of female students. The instruments of the measurement which used for collecting the data are self-efficacy scale and PFC scale that formed by the author based on the Bandura's self-efficacy (1997) and the aspects of problem focused coping Ways of Coping Scale from Aldwin and Revenson (1987). To analyze the data, the method which applied is corelation product-moment Pearson by the computation of SPSS 10.0 for Windows. The result of the analyze shows that there is a significant relationship between self-efficacy and problem focused coping in facing the problem of thesis ($r = 0.454$, $p < 0.01$). The cotribution of self-efficacy is 20.6%. That can be inferred (the hipotetic) that there is a positive relationship between self-efficacy and problem focused coping in facing the problem of the thesis.