

**Pengaruh Menulis Pengalaman Keberhasilan Terhadap *Self Efficacy****Eristan Melyana Br Haloho***ABSTRAK**

Penelitian ini bertujuan untuk mengetahui pengaruh menulis pengalaman keberhasilan terhadap peningkatan *self efficacy*. Peneliti mengajukan hipotesis bahwa menulis pengalaman keberhasilan mampu meningkatkan *self efficacy*. Subjek penelitian adalah 32 mahasiswa. Subjek dibagi ke dalam kelompok pembandingan dan kelompok eksperimen. Kelompok eksperimen mendapat perlakuan menulis pengalaman keberhasilan. Data *self efficacy* diukur menggunakan skala *self efficacy* yang disusun peneliti. Analisis data menggunakan uji *Independent Sample T-test*. Hasil penelitian menunjukkan perbedaan yang tidak signifikan antara kelompok pembandingan dan eksperimen ( $p = 0.390 > 0.05$ ). Maka, hipotesis dalam penelitian ini ditolak.

Kata Kunci : menulis, pengalaman keberhasilan, *self efficacy*



***THE EFFECT OF WRITING SUCCESS EXPERIENCE ON SELF EFFICACY***

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***ABSTRACT***

*This study aimed to know the effect of writing success experience on the improvement of self efficacy. This study suggested the hypothesis that writing success experience could improve the self-efficacy. The subjects of this study were 32 students. The subject was divided into comparable groups and experiment groups. The experiment group got the treatment of writing success experience. The self-efficacy's data was measured with self-efficacy scale made by the researcher. The data analysis used the independent sample t-test. The result of this study showed the difference that there was not significant between comparable and experiment group ( $p = 0.390 > 0.05$ ). Therefore, the hypothesis in this research was rejected.*

*Keywords : writing, success experience, self efficacy.*

