

## ABSTRAK

### PERBEDAAN KEMAMPUAN *SELF-LEADERSHIP* MAHASISWA DAN MAHASISWI

(Studi Komparatif pada Mahasiswa dan Mahasiswi  
Program Studi Bimbingan dan Konseling Universitas Sanata Dharma  
Angkatan 2017-2020)

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2022

Penelitian ini bertujuan untuk: (1) Mengkategorisasi tingkat kemampuan *self-leadership* mahasiswa dan mahasiswi Program Studi Bimbingan dan Konseling Universitas Sanata Dharma angkatan 2017-2020; (2) Mengidentifikasi item pengukuran kemampuan *self-leadership* yang capaian skornya rendah/belum optimal pada mahasiswa dan mahasiswi Program Studi Bimbingan dan Konseling Universitas Sanata Dharma angkatan 2017-2020; (3) Menguji signifikansi perbedaan kemampuan *self-leadership* pada mahasiswa dan mahasiswi Program Studi Bimbingan dan Konseling Universitas Sanata Dharma angkatan 2017-2020.

Jenis penelitian ini adalah penelitian deskriptif komparatif. Subjek penelitian ini adalah mahasiswa dan mahasiswi Program Studi Bimbingan dan Konseling Universitas Sanata Dharma angkatan 2017-2020 yang berjumlah 210; terdiri dari 46 mahasiswa dan 164 mahasiswi. Pengumpulan data menggunakan Skala Kemampuan *Self-Leadership* dengan 59 item valid dan memiliki indeks reliabilitas Cronbach's Alpha sebesar 0.956. Skala disusun berdasarkan pada 2 konsep yaitu aspek-aspek kemampuan *self-leadership*; (1) kesadaran diri; (2) pengarahan diri; (3) pengelolaan diri; (4) penyelesaian diri, dan strategi peningkatan kemampuan *self-leadership*; (1) strategi pemusatan perilaku; (2) penghargaan alami kepada diri; (3) pola pikir konstruktif. Perbedaan kemampuan *self-leadership* mahasiswa dan mahasiswi dianalisis dengan teknik uji t.

Hasil penelitian ini menunjukkan bahwa; (1) dengan membedakan jenis kelaminnya, terdapat 13 (28,2%) mahasiswa dan 38 (23,2%) mahasiswi memiliki kemampuan *self-leadership* sangat tinggi, 22 (47,8%) mahasiswa dan 91 (55,5%) mahasiswi memiliki kemampuan *self-leadership* tinggi, dan 11 (24%) mahasiswa dan 35 (21,3%) mahasiswi memiliki kemampuan *self-leadership* sedang; (2) teridentifikasi 40 (67,8%) item pengukuran *self-leadership* dengan kategori tinggi, 10 (16,9%) item kategori sangat tinggi, dan 9 (15,3%) item kategori sedang; (3) tidak terdapat perbedaan yang signifikan pada kemampuan *self-leadership* mahasiswa dan mahasiswi Program Studi Bimbingan dan Konseling Universitas Sanata Dharma angkatan 2017-2020 dengan nilai p-value  $0,68 > 0,05$ .

**Kata kunci:** Kemampuan *self-leadership*, mahasiswa, mahasiswi

**ABSTRACT****THE DIFFERENCES IN SELF-LEADERSHIP SKILLS  
OF MALE AND FEMALE STUDENTS**

*(A Comparative Study of Male and Female Students in the Guidance and  
Counseling Study Program of Sanata Dharma University Batch of 2017-2020)*

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*This research aims to: (1) categorize self-leadership skills of male and female students in the Guidance and Counseling Study Program of Sanata Dharma University's Batch 2017-2020; (2) identify measurement items of self-leadership skills of male and female students in the Guidance and Counseling Study Program of Sanata Dharma University batch of 2017-2020 whose scores are low or not optimal; (3) find out the differences in self-leadership skills between male and female students in the Guidance and Counseling Study Program of Sanata Dharma University batch of 2017-2020.*

*This research was a comparative descriptive study. The research subject was 210 students of Guidance and Counseling Study Program of Sanata Dharma University batch of 2017-2020; consist of 46 male students and 164 female students. The data collection used was the Scale of Self-Leadership Skills of Male and Female Students with 59 valid items and a Cronbach's Alpha reliability index of 0.956. The scale is arranged based on 2 concepts; the aspects of self-leadership skills; (1) self-awareness; (2) self-direct; (3) self-manage; (4) self-accomplishment, and the strategies for upgrading the self-leadership skills; (1) behavior focused strategies; (2) natural reward strategies; (3) constructive thought pattern strategies. Differences in self-leadership skills between male and female students were analyzed by using t-test technique.*

*The result shows that; (1) with differentiating the sex of students, there are 13 (28,2%) male students and 38 (23,2%) female students who have very high self-leadership skills, 22 (47,8%) male students and 91 (55,5%) female students who have high self-leadership skills, and 11 (24%) male students and 35 (21,3%) female students who have average self-leadership skills; (2) 40 (67.8%) items are identified with high score achievement, 10 (16.9%) items are identified with very high score, and 9 (15.3%) items are identified with average category; (3) there are no significant differences in self-leadership skills between male and female students in the Guidance and Counseling Study Program of Sanata Dharma University batch of 2017-2020 with p-value of  $0.68 < 0.05$ .*

**Keywords:** *self-leadership skills, male student, female student*