

ABSTRAK

**HUBUNGAN KEMAMPUAN *SELF-LEADERSHIP*
DENGAN INDEKS PRESTASI KUMULATIF MAHASISWA**
(Studi Korelasi pada Mahasiswa Program Studi Bimbingan dan Konseling USD
Angkatan 2017-2020)

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Penelitian ini bertujuan untuk: 1) Mengkategorisasi tingkat kemampuan *self-leadership* mahasiswa Program Studi Bimbingan dan Konseling Angkatan 2017-2020; 2) Mengidentifikasi item pengukuran kemampuan *self-leadership* yang capaian skornya rendah atau belum optimal pada mahasiswa Program Studi Bimbingan dan Konseling Angkatan 2017-2020; 3) Menguji signifikansi hubungan antara kemampuan *self-leadership* dengan indeks prestasi kumulatif mahasiswa.

Penelitian ini merupakan penelitian kuantitatif dengan desain penelitian korelasi. Subjek penelitian ini melibatkan 201 mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma angkatan 2017-2020. Pengumpulan data menggunakan Skala Kemampuan *Self-Leadership* dengan 59 item valid dan memiliki indeks reliabilitas *Alpha Cronbach* sebesar 0,956 dengan kategori sangat tinggi. Skala kemampuan *self-leadership* disusun menggunakan 2 konsep yaitu aspek-aspek kemampuan *self-leadership* dan upaya peningkatan kemampuan *self-leadership*. Aspek-aspek kemampuan *self-leadership* meliputi: (1) kesadaran diri; (2) pengarahan diri; (3) pengelolaan diri; (4) pencapaian diri. Sedangkan strategi peningkatan kemampuan *self-leadership* meliputi: (1) strategi pemusatan perilaku; (2) penghargaan alami kepada diri, (3) pola pikir konstruktif. Teknik analisis data menggunakan uji korelasi dengan rumus *Product Moment*.

Hasil penelitian menunjukkan bahwa: (1) sebagian besar mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Angkatan 2017 – 2020 telah memiliki kemampuan *self-leadership* yang tinggi sebesar 54,22% dan sangat tinggi sebesar 22,89%; (2) teridentifikasi 9 item pengukuran kemampuan *self-leadership* mahasiswa yang capaian skornya belum optimal; (3) Tidak terdapat hubungan yang signifikan antara kemampuan *self-leadership* dengan indeks prestasi kumulatif mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Angkatan 2017 – 2020 dengan sig. sebesar $0,455 > 0,05$.

Kata kunci: Kemampuan *self-leadership*, indeks prestasi kumulatif, mahasiswa

ABSTRACT

**THE RELATIONSHIP OF CAPABILITIES SELF-LEADERSHIP
WITH STUDENTS CUMULATIVE ACHIEVEMENT INDEX**
(Correlation Studies in Guidance and Counseling Study Program
University of Sanata Dharma Yogyakarta Class of 2017 – 2020)

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The main purpose of this study are: 1) Categorizing the level of self-leadership of students of the Guidance and Counseling Study Program Class of 2017-2020; 2) Identifying Ability measurement items with low or not optimal self-leadership scores for Guidance and Counseling Study Program students for the 2017-2020 class; 3) Testing the significance of the relationship between ability self-leadership and the cumulative achievement index.

This research is a quantitative research with a correlation research design. This study involved 201 students of the Guidance and Counseling Study Program at Sanata Dharma University class of 2017-2020 students. Data collection uses the Ability Scale Self-Leadership with 59 valid items and has a reliability index Cronbach Alpha of 0.956 with a very high category. The Ability scale is self-leadership compiled using 2 concepts, they are aspects of self-leadership abilities and self-leadership capacity building efforts. Aspects of self-leadership include: (1) self-awareness; (2) self-direction; (3) self-management; (4) self-attainment. Meanwhile, the strategies for increasing self-leadership include: (1) behavioral concentration strategies; (2) a natural appreciation for self, (3) a constructive mindset. The data analysis technique uses a correlation test with the formula Product Moment.

The results of this research showed: (1) most of the Guidance and Counseling Study Program students at Sanata Dharma University Class of 2017 – 2020 had high self-leadership abilities of 54.22% and very high of 22.89%; (2) identified 9 items measuring students' self-leadership abilities whose scores were not optimal; (3) There is no significant relationship between ability self-leadership and the cumulative achievement index of students of the Guidance and Counseling Study Program at Sanata Dharma University Class of 2017 – 2020 with sig. of $0.455 > 0.05$.

Keywords: *ability Self-leadership, cumulative achievement index, students*