ABSTRAK

TINGKAT KEMAMPUAN *SELF-LEADERSHIP* MAHASISWA ANTAR ANGKATAN
(Studi Komparatif pada Mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Angkatan 2017-2020)

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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 Program Studi Bimbingan dan Konseling Universitas Sanata Dharma angkatan 2017-2020; (3) Menguji signifikansi perbedaan kemampuan *self-leadership* antar angkatan pada mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma angkatan 2017-2020.

Jenis penelitian ini adalah penelitian deskriptif komparatif. Subjek penelitian ini adalah mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta angkatan 2017-2020 yang berjumlah 210 mahasiswa. Pengumpulan data menggunakan Skala Kemampuan *Self-Leadership* dengan 59 item valid dan memiliki indeks reliabilitas Alpha Cronbach sebesar 0.956. Skala disusun berdasarkan pada 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) penyelesaian diri. Sedangkan strategi peningkatan kemampuan *self-leadership* meliputi; (1) strategi pemusatan perilaku; (2) penghargaan alami kepada diri; (3) pola pikir konstruktif. Perbedaan kemampuan *self-leadership* mahasiswa antar angkatan 2017-2020 dianalis dengan teknik *One Way Anova*.

Hasil penelitian ini menunjukkan bahwa; (1) tanpa membedakan antar angkatan, terdapat 51 (24,2%) mahasiswa memiliki kemampuan *self-leadership* sangat tinggi, 113 (53,8%) mahasiswa memiliki kemampuan *self-leadership* tinggi, 46 (21,9%) mahasiswa memiliki kemampuan *self-leadership* sedang, serta tidak terdapat mahasiswa yang memiliki kemampuan *self-leadership* rendah dan sangat rendah; (2) teridentifikasi 40 (67,8%) item pengukuran *self-leadership* mahasiswa dalam kategori tinggi, 10 (16,9%) item dalam kategori sangat tinggi, dan 9 (15,3%) item dalam kategori sedang; (3) tidak terdapat perbedaan kemampuan *self-leadership* mahasiswa antar angkatan Program Studi Bimbingan dan Konseling Universitas Sanata

Dharma angkatan 2017, 2018, 2019, dan 2020.
Kata kunci: Kemampuan *self-leadership*, mahasiswa, antar angkatan

ABSTRACT

STUDENT'S SELF-LEADERSHIP SKILLS LEVELS
REVIEW FROM BETWEEN BATCHES
*(Comparative Study in Guidance and Counseling Study Program
of Sanata Dharma University's Batch of 2017-2020)*

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This study aims to: (1) categorize the level of self-leadership skills of students in the Guidance and Counseling Study Program of Sanata Dharma University's Batch 2017-2020; (2) Identify self-leadership skills measurement items with low/not optimal scores of students in the Guidance and Counseling Study Program of Sanata Dharma University's Batch 2017-2020; (3) find out the differences in self-leadership skills between batch students in the Guidance and Counseling Study Program of Sanata Dharma University's Batch 2017-2020.

This research is a comparative descriptive study. The subjects of this study was , 210 students of the Guidance and Counseling Study Program of Sanata Dharma University Yogyakarta Batch of 2017-2020. Data collection uses the Self-Leadership Skills Scale with 59 valid items and has a Cronbach Alpha reliskills index of 0.956. The scale is based on 2 concepts, namely aspects of self-leadership abilities and efforts to increase self-leadership abilities. Aspects of self-leadership include; (1) self-awareness; (2) self-direction; (3) self-management; (4) self-completion. Meanwhile, strategies to increase self-leadership include; (1) behavior concentration strategy; (2) natural self-respect; (3) constructive mindset. The differences in self-leadership abilities of students from the 2017-2020 batch were analyzed using the One Way Anova technique.

The results of this study indicate that; (1) without differentiating between batch, there are 51 (24.2%) students who have very high self-leadership abilities, 113 (53.8%) students have high self-leadership abilities, and 46 (21.9%) students have high self-leadership abilities. moderate self-leadership skills; (2) identified 40 (67.8%) items in the high category, 10 (16.9%) items in the very high category, 9 (15.3%) items in the moderate category, and there are no students who have low and very low self-leadership abilities; (3) there is no significant difference in the self-leadership skills of students between the Guidance and Counseling Study Program of Sanata Dharma University Batch of 2017, 2018, 2019, and 2020.

Keywords: *Self-leadership skills, students, between batches*