

HUBUNGAN ANTARA *SELF AWARENESS* DAN *COMMUNICATION APPREHENSION* PADA MAHASISWA FAKULTAS KEGURUAN DAN ILMU PENGETAHUAN UNIVERSITAS SANATA DHARMA

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *self awareness* dengan *communication apprehension* pada mahasiswa Fakultas Keguruan dan Ilmu Pengetahuan (FKIP) Universitas Sanata Dharma. Penelitian ini menggunakan subjek sejumlah 294 mahasiswa (84 laki-laki, 210 perempuan). Instrumen penelitian ini menggunakan skala *self awareness* yang terdiri dari 46 item dengan reliabilitas (α) = 0,931 dan skala *communication apprehension* yang terdiri dari 61 item dengan reliabilitas (α) = 0,958. Metode statistik yang digunakan untuk menganalisis data penelitian ini adalah *Pearson Product Moment* karena distribusi data normal. Hasil analisis menunjukkan bahwa variabel *self awareness* berkorelasi negatif secara signifikan dengan *communication apprehension* ($N= 295, r= -0,411, p= 0,000 < 0,05$). Penelitian menunjukkan bahwa subjek memiliki *self awareness* yang tinggi dengan mean empirik sebesar 141,77 lebih besar daripada mean hipotetik yaitu sebesar 115 dengan $p = 0,000$. Pada variabel *communication apprehension* mean empirik sebesar 140,19 lebih kecil daripada mean hipotetik yaitu sebesar 152,5 dengan $p = 0,000$ sehingga dapat disimpulkan bahwa subjek memiliki *communication apprehension* yang rendah.

Kata kunci : *Self awareness, communication apprehension*, mahasiswa FKIP Universitas Sanata Dharma.

THE RELATION BETWEEN SELF AWARENESS AND COMMUNICATION APPREHENSION FOR EDUCATION AND SCIENCE PROGRAM STUDENTS IN SANATA DHARMA UNIVERSITY

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ABSTRACT

The purpose of this research was to know the relation between self awareness and communication apprehension on students of Educational and Science Program in Sanata Dharma University. The subjects in this research was 294 students (84 male, 210 female). The instruments that used in this research were self awareness scale which consist of 46 items with reliability (α) = 0,931 and communication apprehension scale which consist of 61 items with reliability (α) = 0,958. Statistical method that used to analyze this research was Pearson Product Moment due to normal data distribution. The result showed that the variable of self awareness correlated negatively and significant with communication apprehension ($N= 295, r= -0,411, p=0,000<0,05$). The research showed that subjects had high self awareness with empiric mean was 141,77 higher than hipotetic mean was 115 with $p = 0,000$. For variable communication apprehension, empiric mean was 140,19 lower than hipotetic mean was 152,5 with $p = 0,000$. The conclusion was subjects had low communication apprehension.

Keywords : *Self awareness, communication apprehension, Education and Science Program Students.*