

ABSTRAK**PERBEDAAN *ACADEMIC SELF-HANDICAPPING* MAHASISWA
PROGRAM STUDI BIMBINGAN DAN KONSELING UNIVERSITAS
SANATA DHARMA DITINJAU DARI JENIS KELAMIN**

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Penelitian ini bertujuan untuk: (1) mengetahui apakah terdapat perbedaan *Academic Self-Handicapping* pada Mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma ditinjau dari Jenis Kelamin; (2) mengetahui seberapa tinggi *Academic Self-Handicapping* pada Mahasiswa Program Studi Bimbingan dan Konseling, Universitas Sanata Dharma; (3) mengetahui seberapa tinggi *Academic Self-Handicapping* pada Mahasiswi Program Studi Bimbingan dan Konseling, Universitas Sanata Dharma; (4) mengetahui butir item *Academic Self-Handicapping* yang tinggi untuk diusulkan sebagai layanan topik bimbingan.

Jenis penelitian ini adalah penelitian kuantitatif dengan desain penelitian komparatif. Subjek penelitian sebanyak 97 Mahasiswa Laki-Laki Dan Perempuan Program Studi Bimbingan Dan Konseling, Universitas Sanata Dharma. Subjek penelitian diambil diantaranya terdiri dari 45 mahasiswa laki-laki dan 52 mahasiswa perempuan. Instrumen penelitian menggunakan skala likert sebanyak 60 pertanyaan dengan 4 alternatif jawaban. Penelitian dilakukan melalui *google form*. Uji validitas menggunakan validitas isi dan dilanjutkan dengan *professional judgment* oleh dosen pembimbing. Uji validitas menyatakan 42 item valid dan 18 tidak valid. Namun beberapa item valid dihapus untuk memproporsionalitaskan item pada aspek-aspek yang digunakan. Uji reliabilitas menyatakan instrumen termasuk dalam kategori tinggi. Selanjutnya dilakukan uji perbedaan digunakan untuk melihat seberapa signifikan antar kelompok.

Hasil penelitian: 1) Berdasarkan penelitian, tidak terdapat perbedaan yang signifikan antara laki-laki dan perempuan; 2) hasil deskripsi tingkat *Academic Self-Handicapping* pada mahasiswa laki-laki memiliki hasil 0% pada kategori sangat tinggi dan tinggi, 53% berada dikategori sedang, 33% berada dikategori rendah, dan 6% berada dikategori sangat rendah; 3) hasil deskripsi tingkat *Academic Self-Handicapping* pada mahasiswa perempuan memiliki hasil 0% pada kategori sangat tinggi dan tinggi, 52% berada dikategori sedang, 40% berada dikategori rendah, dan 8% berada dikategori sangat rendah; 4) Berdasarkan analisis skor item tingkat *Academic Self-Handicapping* didapatkan hasil 0% item pada kategori sangat tinggi, 9% item pada kategori tinggi, 25% item pada kategori sedang, 66% item pada kategori rendah, dan 0% item pada kategori sangat rendah.

Kata kunci: *Academic self-handicapping*, mahasiswa, laki-laki, perempuan

ABSTRACT

***DIFFERENCES IN ACADEMIC SELF-HANDICAPPING OF STUDENTS
IN THE SANATA DHARMA UNIVERSITY GUIDANCE AND
COUNSELING STUDY PROGRAM IN TERMS OF GENDER***

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This research aims to: (1) find out whether there are differences in Academic Self-Handicapping among Students of the Guidance and Counseling Study Program at Sanata Dharma University in terms of gender; (2) find out how high Academic Self-Handicapping is among students in the Guidance and Counseling Study Program, Sanata Dharma University; (3) find out how high Academic Self-Handicapping is among female students in the Guidance and Counseling Study Program, Sanata Dharma University; (4) knowing which Academic Self-Handicapping items are high to be proposed as a guidance topic service.

This type of research is quantitative research with a comparative research design. The research subjects were 97 male and female students from the Guidance and Counseling Study Program, Sanata Dharma University. The research subjects taken included 45 male students and 52 female students. The research instrument uses a Likert scale of 60 questions with 4 alternative answers. Research was conducted via Google form. The validity test uses content validity and is followed by professional judgment by the supervisor. The validity test stated that 42 items were valid and 18 were invalid. However, several valid items were deleted to proportionalize the items in the aspects used. The reliability test states that the instrument is included in the high category. Next, a difference test is used to see how significant it is between groups.

Research results: 1) Based on research, there are no significant differences between men and women; 2) the results of the description of the level of Academic Self-Handicapping for male students were 0% in the very high and high categories, 53% in the medium category, 33% in the low category, and 6% in the very low category; 3) the results of the description of the level of Academic Self-Handicapping for female students were 0% in the very high and high categories, 52% were in the medium category, 40% were in the low category, and 8% were in the very low category; 4) Based on the analysis of item scores at the Academic Self-Handicapping level, the results showed that 0% of items were in the very high category, 9% of items were in the high category, 25% of items were in the medium category, 66% of items were in the low category, and 0% of items were in the very low category.

Key words: Academic self-handicapping, students, men, women