

ABSTRAK

Rahmadi, F. V. 2025. Hubungan *Perfectionism* dengan *Academic Self-Handicapping* pada Mahasiswa. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk melihat hubungan antara *Perfectionism* dan *Academic Self-Handicapping* pada mahasiswa. Hipotesis dalam penelitian ini adalah bahwa terdapat hubungan antara setiap dimensi *perfectionism*, yakni dimensi *self-oriented perfectionism* (SOP), dimensi *socially prescribed perfectionism* (SPP), dan dimensi *other-oriented perfectionism* (OOP) dengan *academic self-handicapping* (ASHS). Partisipan dalam penelitian ini adalah 299 mahasiswa aktif Psikologi Universitas Sanata Dharma. Penelitian ini adalah penelitian kuantitatif korelasional dengan teknik *non probability sampling*, yaitu *convenience sampling* dengan metode angket. Instrumen dalam penelitian ini menggunakan skala *multidimensional perfectionism scale* (MPS) dan *academic self-handicapping scale*. Reliabilitas untuk Skala MPS-H untuk SOP, SPP dan OOP secara berturut-turut adalah 0,804, 0,722, dan 0,731. Reliabilitas untuk skala ASHS adalah sebesar 0,889. Teknik analisis dalam penelitian ini adalah uji non parametrik dengan uji *Spearman's rho*. Hasil dalam penelitian ini adalah bahwa terdapat hubungan signifikan antara seluruh dimensi *Perfectionism*, yakni dimensi SOP, SPP, dan OOP dengan ASHS ($p_1: 0.018$; $p_2: 0.025$; $p_3: 0.006$). Selain itu, penelitian ini menemukan korelasi negatif antara dimensi SOP dengan ASHS, sedangkan ditemukan korelasi positif untuk dimensi SPP dan OOP dengan ASHS ($r_1: -0.121$; $r_2: 0.113$; $r_3: 0.147$).

Kata kunci: *Perfectionism, Self-Oriented Perfectionism, Socially Prescribed Perfectionism, Other-Oriented Perfectionism, Academic Self-Handicapping.*

ABSTRACT

Rahmadi, F. V. 2025. The Relationship between Perfectionism and Academic Self-Handicapping among College Students. *Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This study aims to see the relationship between Perfectionism and Academic Self-Handicapping among college students. The hypothesis in this study is that there is a positive relationship between each dimension of perfectionism, namely the self-oriented perfectionism dimension (SOP), the socially prescribed perfectionism dimension (SPP), and the other-oriented perfectionism dimension (OOP), with academic self-handicapping (ASHS). This study is a quantitative correlational study with a non-probability sampling technique, namely convenience sampling with a questionnaire method. The instruments in this study used the multidimensional perfectionism scale (MPS) dan academic self-handicapping scale. The reliability for the MPS-H for the SOP, SPP, and, OOP were 0.804, 0.722, and 0.731, respectively. The reliability for the ASHS was 0.889. The analysis technique in this study was a non-parametric test using Spearman's rho test. The result of this study shows that all dimensions of perfectionism, namely SOP, SPP, and OOP, have significant relationship with ASHS ($p_1:0.018$; $p_2:0.025$; $p_3:0.006$). Furthermore, the results indicated a negative correlation between the SOP dimension and ASHS, while positive correlations were observed between the SPP dan OOP dimensions and ASHS ($r_1: -0.121$; $r_2: 0.113$; $r_3: 0.147$).

Keywords: Perfectionism, Self-Oriented Perfectionism, Socially Prescribed Perfectionism, Other-Oriented Perfectionism, Academic Self-Handicapping.

