

HUBUNGAN ANTARA *SELF-EFFICACY* DAN RESILIENSI PADA MAHASISWA RANTAU

ABSTRAK

Mahasiswa rantau menghadapi berbagai tantangan selama menjalani kehidupan di perantauan, seperti penyesuaian diri terhadap lingkungan baru, tuntutan akademik, keterbatasan dukungan keluarga secara langsung, serta tekanan sosial dan emosional. Kondisi tersebut menuntut mahasiswa rantau untuk memiliki resiliensi yang baik agar mampu bertahan, beradaptasi, dan bangkit dari berbagai kesulitan yang dihadapi. Salah satu faktor psikologis yang diduga berhubungan dengan resiliensi adalah self-efficacy, yaitu keyakinan individu terhadap kemampuannya dalam menghadapi dan menyelesaikan berbagai tantangan. Penelitian ini bertujuan untuk mengetahui hubungan antara self-efficacy dan resiliensi pada mahasiswa rantau di Daerah Istimewa Yogyakarta. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Partisipan penelitian berjumlah 117 mahasiswa rantau berusia 18–25 tahun yang sedang menempuh pendidikan di Daerah Istimewa Yogyakarta. Teknik pengambilan sampel yang digunakan adalah purposive sampling. Data dikumpulkan menggunakan General Self-Efficacy Scale (GSES) yang dikembangkan oleh Schwarzer dan Jerusalem (1995) serta Connor-Davidson Resilience Scale (CD-RISC) yang dikembangkan oleh Connor dan Davidson (2003). Analisis data dilakukan menggunakan uji korelasi Spearman's rho dengan bantuan IBM SPSS Statistics for Windows versi 25. Hasil penelitian menunjukkan terdapat hubungan positif dan signifikan antara self-efficacy dan resiliensi pada mahasiswa rantau ($r = 0,746$; $p = 0,000 < 0,05$). Hubungan tersebut berada pada kategori kuat. Hasil ini menunjukkan bahwa semakin tinggi self-efficacy yang dimiliki mahasiswa rantau, semakin tinggi pula tingkat resiliensinya. Sebaliknya, semakin rendah self-efficacy yang dimiliki, semakin rendah pula tingkat resiliensinya. Temuan ini mengindikasikan bahwa keyakinan terhadap kemampuan diri berperan penting dalam mendukung kemampuan mahasiswa rantau untuk beradaptasi, menghadapi tekanan, serta bangkit dari berbagai tantangan selama menjalani kehidupan di perantauan.

Kata Kunci: self-efficacy, resiliensi, mahasiswa rantau, perantauan.

THE RELATIONSHIP BETWEEN SELF-EFFICACY AND RESILIENCE IN OUT-OF-TOWN STUDENTS

ABSTRACT

Out-of-town students face various challenges during their life away from home, such as adjusting to a new environment, academic demands, limited direct family support, and social and emotional pressures. These conditions require out-of-town students to develop resilience to survive, adapt, and recover from the various difficulties they encounter. One psychological factor suspected of being associated with resilience is self-efficacy, which is an individual's belief in their ability to face and resolve various challenges. This study aims to determine the relationship between self-efficacy and resilience among out-of-town students in the Special Region of Yogyakarta. This study used a quantitative approach with a correlational design. Participants were 117 out-of-town students aged 18–25 studying in the Special Region of Yogyakarta. The sampling technique used was purposive sampling. Data were collected using the General Self-Efficacy Scale (GSES) developed by Schwarzer and Jerusalem (1995) and the Connor-Davidson Resilience Scale (CD-RISC) developed by Connor and Davidson (2003). Data analysis was performed using Spearman's rho correlation test with IBM SPSS Statistics for Windows version 25. The results showed a positive and significant relationship between self-efficacy and resilience in out-of-town students ($r = 0.746$; $p = 0.000 < 0.05$). This relationship is considered strong. These results indicate that the higher the self-efficacy of out-of-town students, the higher their resilience. Conversely, the lower the self-efficacy, the lower their resilience. These findings indicate that self-confidence plays a crucial role in supporting out-of-town students' ability to adapt, cope with stress, and recover from various challenges during their life away from home.

Keywords: *self-efficacy, resilience, out-of-town students, living abroad.*