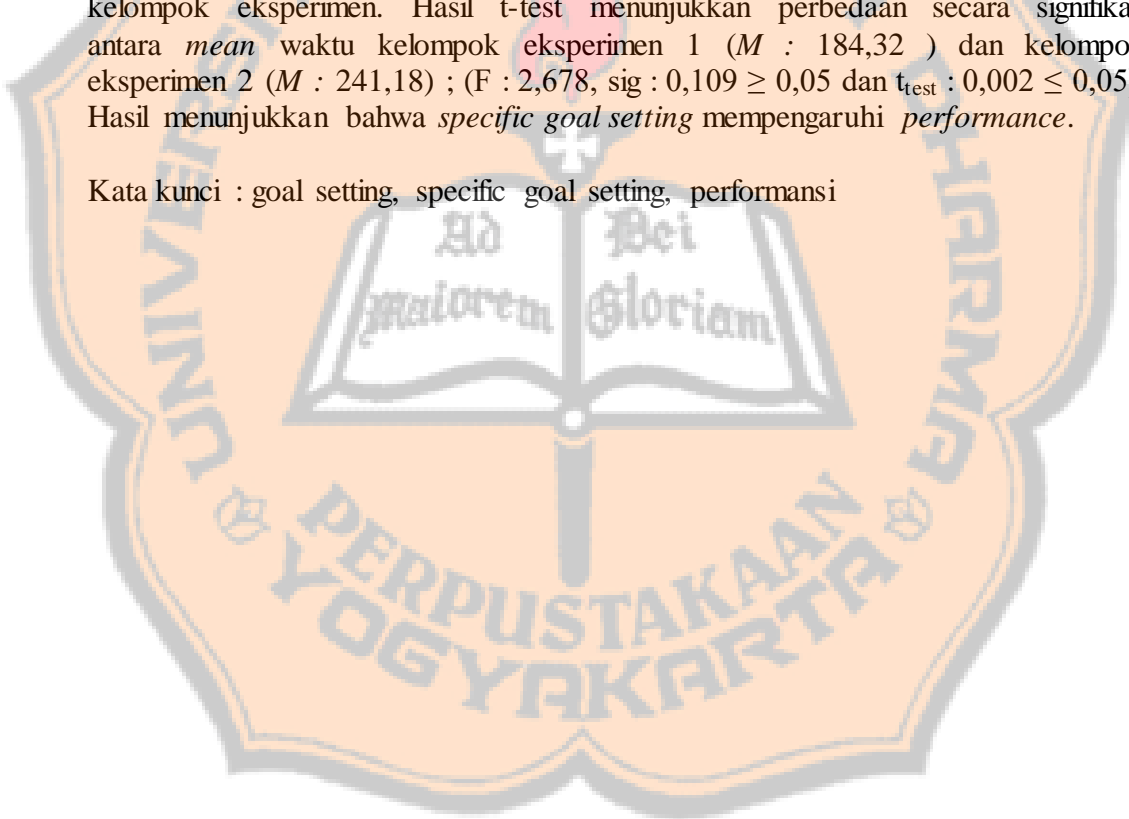


PENGARUH *SPECIFIC GOAL SETTING* PADA *PERFORMANCE**Suci Setyowati***ABSTRAK**

Penelitian eksperimen ini bertujuan untuk mengetahui pengaruh *specific goal setting* pada *performance* individu. Subjek penelitian adalah 44 mahasiswa Non-Fakultas Psikologi, Universitas Sanata Dharma, Yogyakarta. Peneliti mengajukan hipotesis bahwa *goal setting* yang spesifik mempengaruhi *performance*. Alat eksperimen merupakan adaptasi dan replikasi dari *k=khos block design SAMUEL*. Alat eksperimen adalah balok-balok dengan warna merah, putih, dan merah-putih, stopwatch, jam analog, dan kartu dengan 7 pola berbeda. Desain penelitian adalah *independent between subject design*. Analisis data menggunakan teknik uji beda t sampel bebas dengan selisih rerata waktu kedua kelompok eksperimen. Hasil t-test menunjukkan perbedaan secara signifikan antara *mean* waktu kelompok eksperimen 1 ($M : 184,32$) dan kelompok eksperimen 2 ($M : 241,18$); ($F : 2,678$, $\text{sig} : 0,109 \geq 0,05$ dan $t_{\text{test}} : 0,002 \leq 0,05$). Hasil menunjukkan bahwa *specific goal setting* mempengaruhi *performance*.

Kata kunci : goal setting, specific goal setting, performansi



THE EFFECT OF SPECIFIC GOAL SETTING ON PERFORMANCE*Suci Setyowati***ABSTRACT**

This study aim to find out the influence of the specific goal setting on the individual performance. The subjects of the research were 44 students of non-Psychology Faculty of Sanata Dharma University. The researcher hypothesized that the specific goal setting influence the performance. The experimental tool is an adaptation and replication of khos SAMUEL block design. The experimental tools used in this research were red blocks, white blocks, the colour combination of red and white blocks, stopwatch, analog clock, and 7 different patterns of cards. Then, the researcher adopted independent between subject design as the research design of this research. Besides, the researcher used independent sample t-test to compare the difference in means of two different groups in analyzing the data. The results of the t-test showed there was significant difference between mean time of experiment group 1 (M :184,32) and experiment group 2 (M : 241,18) ; (F : 2,678, SIG : 0,0109 \geq 0,05 and t-test : 0,002 \leq 0,05). The results showed that the specific goal setting influenced the performance.

Keywords : goal setting, specific goal setting, performance

