

PENGARUH EXPRESSIVE WRITING PADA EFIKASI DIRI*Angger Aprie Wibawa***ABSTRAK**

Penelitian ini bertujuan untuk mengetahui pengaruh *expressive writing* pada peningkatan efikasi diri. Hipotesa penelitian ini adalah *expressive writing* berpengaruh meningkatkan efikasi diri. Desain penelitian ini adalah eksperimen. Subjek adalah 58 mahasiswa semester II Fakultas Psikologi Universitas Sanata Dharma Yogyakarta. Terdapat kelompok eksperimen dan kontrol pada penelitian ini. Kelompok eksperimen diberi perlakuan berupa *expressive writing*. Data penelitian mengenai efikasi diri diukur dengan Skala Efikasi Diri. Analisis data dengan uji Mann-Whitney U menunjukkan nilai signifikansi sebesar 0,015 ($p < 0,05$). *Expressive writing* berpengaruh secara signifikan dalam meningkatkan efikasi diri.

Kata kunci: *expressive writing*, efikasi diri, mahasiswa.



THE EFFECT OF EXPRESSIVE WRITING TO SELF-EFFICACY

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ABSTRACT

This research aimed to know the effect expressive writing to the increases of self-efficacy among college students. The hypothesis was there was an effect of expressive writing on self-efficacy. The method of this research was experiment. Subject were 58 college students. This subjects of this research defined into two groups, experiment and control group. Experiment group asked to do expressive writing. The data about self-efficacy were measured by the Self-Efficacy Scale. The data were analyzed with Mann-Whitney U's test. The results show a significant score 0,015 ($p < 0,05$). There is a significant effect of expressive writing to the increases of self-efficacy.

Keyword: expressive writing, self-efficacy, college students.

