

**KECENDERUNGAN *SOCIALLY-PRESCRIBED PERFECTIONISM*
PADA MAHASISWA SKRIPSI FAKULTAS PSIKOLOGI UNIVERSITAS
SANATA DHARMA: SEBUAH STUDI KUANTITATIF DESKRIPTIF**

Juwita Krisanty

ABSTRAK

Penelitian ini bertujuan untuk memberikan gambaran mengenai tingkat kecenderungan *Socially-Prescribed Perfectionism* pada subjek penelitian, yakni mahasiswa skripsi Fakultas Psikologi Universitas Sanata Dharma. *Socially-Prescribed Perfectionism* dapat diartikan sebagai kecenderungan individu untuk berusaha memenuhi harapan serta tekanan yang dianggapnya berasal dari lingkungan sosial, dengan tujuan untuk mendapatkan persetujuan atau validasi dari orang lain. Penelitian ini merupakan penelitian deskriptif kuantitatif dengan metode survei. Subjek pada penelitian ini adalah mahasiswa aktif angkatan 2006, 2007, dan 2008 yang telah mengerjakan skripsi selama lebih dari dua semester, sejumlah 78 orang. Alat pengambilan data menggunakan skala *Perfectionism Inventory* (Hill, Huelsman, Furr, Kibler, Vicente, dan Kennedy, 2004), dengan menggunakan dua indikator yang berkaitan dengan kecenderungan *Socially-Prescribed Perfectionism*, yakni *Need of Approval* dan *Perceived Parental Pressure*. Uji coba skala menghasilkan nilai reliabilitas Alpha sebesar 0,787, dengan jumlah item skala sebanyak 16 item. Data penelitian diproses menggunakan peranti lunak komputer yakni SPSS for Windows versi 16. Hasil analisis deskriptif memberikan hasil bahwa sebaran data adalah normal, dengan subjek penelitian memiliki kecenderungan *Socially-Prescribed Perfectionism* yang rendah. Hasil ini didapatkan dari perbedaan nilai mean hipotetik dan empiriknya, di mana nilai mean empirik lebih rendah dari nilai mean hipotetik ($\mu_{\text{empirik}} = 45,628 < \mu_{\text{hipotetik}} = 48$).

Kata kunci: Kecenderungan *Socially-Prescribed Perfectionism*, mahasiswa skripsi, *Perfectionism Inventory*, studi deskriptif kuantitatif

THE SOCIALLY-PRESCRIBED PERFECTIONISM AMONG THESIS STUDENTS AT FACULTY OF PSYCHOLOGY SANATA DHARMA UNIVERSITY: A QUANTITATIVE DESCRIPTIVE RESEARCH

Juwita Krisanty

ABSTRACT

This research was aimed to give the description of Socially-Prescribed Perfectionism tendency among the research subject, which are thesis students at Faculty of Psychology of Sanata Dharma University. The Socially-Prescribed Perfectionism can be described as one's endeavor tendency to fulfill hopes and pressures which perceived as prescribed by significant others, in order to gain validation from them. This research was a quantitative descriptive research which used the survey method. The subject of this research was 78 the students from three different academic year (2006, 2007, and 2008), who has been undergoing the thesis writing for more than two semesters. Data has been collected by using two of eight indicators of Perfectionism Inventory (Hill, Huelsman, Furr, Kibler, Vicente, dan Kennedy, 2004). The two indicators are related to the Socially-Prescribed Perfectionism, which are Need of Approval and Perceived Parental Pressure. The inventory has been tested and resulted Cronbach's Alpha reliability as much as 0,787 for the 16 items of the scale. The data in this research are processed by a computer software which is SPSS for Windows version 16. The analysis has resulted that the data was normally distributed, and the Socially-Prescribed Perfectionism tendency among the subject is low. This result derived from the mean differences between the Hypothetical Mean and the Empirical Mean, which the empirical mean is lower than hypothetical mean ($(\mu_{empirical} = 45,628 < \mu_{hypothetical} = 48)$).

Keywords : Socially-Prescribed Perfectionism, thesis student, Perfectionism Inventory, a quantitative descriptive research.