

ABSTRAK
EFIKASI DIRI MAHASISWA PENYUSUN SKRIPSI
(Studi Deskriptif Kuantitatif Pada Mahasiswa Program Studi Bimbingan Dan
Konseling Universitas Sanata Dharma Yogyakarta Angkatan 2014)

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2018

Penelitian ini merupakan penelitian deskriptif kuantitatif yang bertujuan untuk: (1) mengetahui tingkat efikasi diri mahasiswa penyusun skripsi Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta angkatan 2014 dan (2) mengidentifikasi butir item yang perolehan skornya rendah, sebagai dasar penyusunan topik-topik bimbingan pribadi-sosial yang sesuai untuk membantu meningkatkan efikasi diri mahasiswa penyusun skripsi Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta angkatan 2014.

Jenis penelitian yang digunakan dalam penelitian ini adalah metode penelitian deskriptif kuantitatif. Subjek penelitian ini adalah seluruh mahasiswa yang sedang menyusun skripsi Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta angkatan 2014 yang berjumlah 42 orang. Instrumen penelitian yang digunakan adalah Kuesioner Efikasi Diri Mahasiswa Penyusun Skripsi yang dikonstruksi dengan tiga aspek efikasi diri, yaitu tingkat kesulitan tugas (magnitude), luas bidang perilaku (generality), dan kemantapan keyakinan (strength). Kuesioner Efikasi Diri Mahasiswa Penyusun Skripsi memuat 66 item dengan 4 alternatif jawaban yaitu: sangat sesuai, sesuai, tidak sesuai, dan sangat tidak sesuai. Reliabilitas instrument dihitung menggunakan formula Alpha Cronbach dengan nilai koefisien reliabilitas sebesar 0,963.

Hasil penelitian ini menunjukkan bahwa mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta angkatan 2014 memiliki tingkat efikasi diri sebagai berikut: ada 30 mahasiswa (71%) tergolong efikasi diri sangat baik, 10 mahasiswa (24%) tergolong efikasi diri baik, dan 2 mahasiswa (5%) tergolong efikasi diri cukup baik, dan tidak terdapat mahasiswa yang efikasi dirinya termasuk dalam kategori kurang baik dan sangat tidak baik. Hasil perhitungan skor item, terdapat 15 item (20%) yang capaian skornya sangat tinggi, 50 item (67%) yang capaian skornya tinggi, 9 item (12%) yang capaian skornya sedang, 1 item (1%) yang capaian skornya rendah, serta tidak terdapat item yang capaian skornya termasuk dalam kategori sangat rendah. Hasil identifikasi butir item yang rendah maka disusunlah topik-topik bimbingan meningkatkan efikasi diri mahasiswa penyusun skripsi Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta angkatan 2014. Judul topik bimbingan yang disusun yaitu “Manajemen Waktu”, “Manajemen Emosi” dan “Meningkatkan Konsentrasi Belajar dengan Manajemen Emosi”. Bimbingan dilakukan dengan metode bimbingan klasikal, sharing kelompok, dinamika kelompok, dan refleksi dengan tujuan untuk meningkatkan efikasi diri mahasiswa penyusun skripsi.

Kata Kunci: efikasi diri, skripsi, mahasiswa penyusun skripsi

ABSTRACT
SELF-EFFICACY OF UNDERGRADUATE STUDENTS IN THESIS WRITING
STAGE

(A Quantitative Descriptive Study on Sanata Dharma University's Guidance and Counseling Undergraduate Program Students, Year 2014)

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This research is a quantitative descriptive research that has goal to: (1) know the level of self-efficacy of undergraduate students of Sanata Dharma University's Guidance and Counseling Program students year 2014 who were in the stage of writing thesis and (2) to identify items that have low score as the basis for the preparation of personal-social appropriate guidance topics to help to improve the self-efficacy of Sanata Dharma University's Guidance and Counseling Undergraduate Program students year 2014 who were in thesis writing stage.

The type of research used in this research is descriptive quantitative research method. The subjects of this study were all Sanata Dharma University's Guidance and Counseling Undergraduate Program students, year 2014 who were preparing thesis which in total 42 students. The research instrument used was Self-Efficacy Questionnaire for Student In Thesis Writing Stage which was constructed with three aspects of self-efficacy, namely the level of task difficulty (magnitude), the area of behavior (generality), and the stability of belief (strength). The Self-Efficacy Questionnaire for Student in Thesis Writing Stage contains 66 items with 4 alternative answers: highly appropriate, appropriate, inappropriate, and highly inappropriate. Instrument reliability is calculated using Alpha Cronbach formula with reliability coefficient value of 0.963.

The results of this study indicate that students of Guidance and Counseling Study Program of Sanata Dharma University of Yogyakarta year 2014 have self-efficacy level as follows: there were 30 students (71%) that were classified as having excellent self-efficacy, 10 students (24%) had good self-efficacy and 2 students (5%) had quite good self-efficacy, and there were no students that had efficacy in the category of less good and very bad. The result of the item score stated that there were 15 items (20%) which considered have very high score, 50 items (67%) with high score, 9 items (12%) with medium score, 1 item (1%) with low score, and there were no items that the score was considered included in the very low category. The result of the identification of the items was considered low then the guidance topics were developed to improve self-efficacy of Sanata Dharma University's Guidance and Counseling Undergraduate Program students, year 2014 who were preparing thesis. The title of guiding topics was "Time Management", "Emotional Management" and "Improving Learning Concentration with Emotional Management". Guidance was done using classroom guidance, group sharing, group dynamics, and reflection method with the aim to improve self-efficacy of students who preparing for thesis.

Keywords: *self-efficacy, thesis, student preparing thesis*