

STUDI DESKRIPTIF KUANTITATIF
NIAT MEMBUAT *GOAL SETTING* DAN FAKTOR-FAKTOR NIAT PADA
MAHASISWA TAHUN PERTAMA

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ABSTRAK

Penelitian ini bertujuan untuk mendeskripsikan niat untuk membuat *goal setting* pada mahasiswa tahun pertama. Subjek penelitian ini adalah 160 mahasiswa tahun pertama yang sedang mencari ilmu di Universitas Sanata Dharma. Pengumpulan data menggunakan skala niat *goal setting*, dan skala faktor-faktor niat *goal setting* yang dibuat oleh peneliti. Skala niat untuk membuat *goal setting* memiliki reliabilitas sebesar 0,910. Skala faktor-faktor niat mempunyai reliabilitas sebesar 0,818 untuk *perceived behavioral control*, 0,811 untuk sikap, 0,753 untuk norma subjektif. *Mean* empirik skala niat sebesar 21,78. *Mean* teoritik skala niat sebesar 17,5. *Mean* empirik skala *perceived behavioral control* sebesar 15,73. *Mean* teoritik skala *perceived behavioral control* sebesar 12,5. *Mean* empirik skala sikap sebesar 9,22. *Mean* teoritik skala sikap sebesar 7,5. *Mean* empirik skala norma subjektif sebesar 15,15. *Mean* teoritik skala norma subjektif sebesar 12,5. *Mean* empirik pada skala niat dan faktor-faktor niat lebih besar dari *mean* teoritik. Kesimpulan niat *goal setting* mahasiswa tahun tergolong tinggi di atas rata-rata.

Kata kunci : Niat, *Goal Setting*, Mahasiswa

**DESCRIPTIVE QUANTITATIVE STUDY
GOAL SETTING INTENTION AND FACTORS OF GOAL SETTING
INTENTION IN FIRST YEAR UNDERGRADUATE STUDENTS**

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ABSTRACT

This study is aimed to describe the intention of goal setting making in first year undergraduate students. Subject in this study is 160 first year undergraduate students who learning in Sanata Dharma University. Data collection in this study is using survey with two scale, one for measure the intention of making goal setting, the other for measure factors of the intention, these scales was made by researcher himself. Reliability of goal setting intention is 0.910. Reliability of intention factors is 0,818 for perceived behavioral control, 0.811 for attitude, 0.753 for subjective norm. Empirical mean of intention scale is 21,78. Theoretical mean of intention scale is 17,5. Empirical mean of perceived behavioral control scale is 15,73. Theoretical mean of perceived behavioral control scale is 12,5. Empirical mean of attitude scale is 9,22. Theoretical mean of attitude is 7,5. Empirical mean of subjective norm scale is 15,15. Theoretical mean of subjective norm scale is 12,5. Empirical mean of intention scale and its factor is higher than theoretical mean. Conclusion, first year undergraduate students have high goal setting intention above the average.

Keyword : Intention, Goal Setting, Undergraduate Student