

HUBUNGAN ANTARA EFIKASI DIRI DAN *SELF-LEADERSHIP* PADA MAHASISWA FAKULTAS PSIKOLOGI UNIVERSITAS DIPONEGORO

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Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara efikasi diri dan *self-leadership* mahasiswa pada mahasiswa Fakultas Psikologi Universitas Diponegoro. Efikasi diri merupakan keyakinan tentang kemampuan individu untuk mengatur dan mengimplementasikan tindakan untuk menampilkan suatu pencapaian tertentu. *Self-leadership* merupakan kemampuan individu dalam memahami kapasitas dan kemampuannya untuk mempengaruhi dan memotivasi diri dalam mencapai tujuannya yang ingin dicapai. Subjek pada penelitian ini berjumlah 1.090 mahasiswa total populasi dengan sampel sejumlah 96 mahasiswa yang terpilih melalui teknik *proportionate stratified random sampling*. Pengumpulan data penelitian menggunakan dua skala likert yaitu efikasi diri menggunakan *general self-efficacy scale* (GSES) (27 aitem, $\alpha = 0,913$) dan *self-leadership* menggunakan *Revised Self Leadership Questionnaire* (RSLQ) (21 aitem, $\alpha = 0,855$). Uji hipotesis menggunakan teknik analisis regresi sederhana dan menunjukkan adanya hubungan positif dan signifikan antara efikasi diri dengan *self-leadership* ($F= 99,866$, $R = 0,718$, $p = 0,000 (<0,05)$, $R^2 = 0,515$), artinya semakin tinggi efikasi diri maka semakin tinggi juga *self-leadership* pada mahasiswa Fakultas Psikologi Universitas Diponegoro. Efikasi diri memberikan sumbangan efektif sebesar 51,5% terhadap peningkatan *self-leadership* pada mahasiswa Fakultas Psikologi Universitas Diponegoro.

Kata Kunci: self-leadership, efikasi diri general, mahasiswa

THE RELATIONSHIP BETWEEN SELF-EFFICACY AND SELF-LEADERSHIP AMONG STUDENTS OF THE FACULTY OF PSYCHOLOGY AT DIPONEGORO UNIVERSITY

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Abstract

This research aims to determine the relationship between self-efficacy and self-leadership among students at the Faculty of Psychology, Diponegoro University. Self-efficacy is a belief about an individual's ability to organize and implement actions to display a certain achievement. Self-leadership is an individual's ability to understand his capacity and ability to influence and motivate himself in achieving the goals he wants to achieve. The subjects in this research were 1,090 students, a total population with a sample of 96 students selected through proportionate stratified random sampling technique. Research data collection used two Likert scales, namely self-efficacy using a general self-efficacy scale (GSES) (27 items, $\alpha = 0.913$). Self-leadership using Revised Self Leadership Questionnaire (RSLQ) (21 items, $\alpha = 0.855$). Hypothesis testing uses simple regression analysis techniques and shows that there is a positive and significant relationship between self-efficacy and self-leadership ($F = 99,866$, $R = 0,718$, $p = 0,000 (<0,05)$, $R^2 = 0.515$), meaning that the higher the self-efficacy, the higher it is self-leadership among students at the Faculty of Psychology, Diponegoro University. Self-efficacy provides an effective contribution of 51.5% to improvements in self-leadership among students at the Faculty of Psychology at Diponegoro University.

Keywords: self-leadership, general self-efficacy, college students