

# HUBUNGAN ANTARA SELF EFFICACY DENGAN PERSONAL GROWTH INITIATIVE PADA MAHASISWA UNIVERSITAS DIPONEGORO YANG MENGIKUTI PROGRAM KAMPUS MERDEKA

**Aura Tsania La Biba, Ika Febrian Kristiana**

Fakultas Psikologi, Universitas Diponegoro,  
Jalan Prof. Soedarto, SH., Tembalang, Semarang, Indonesia 50275

[auratsania@students.undip.ac.id](mailto:auratsania@students.undip.ac.id)

## ABSTRAK

Tujuan dari penelitian ini adalah menguji hubungan antara *self-efficacy* dan *personal growth initiative* pada mahasiswa. Penelitian ini melibatkan mahasiswa Universitas Diponegoro usia 19-23 tahun ( $M = 21,163$  tahun,  $SD = 0,838$ ) yang telah atau sedang mengikuti program Kampus Merdeka ( $N=196$ ) sebagai sampel penelitian dengan menggunakan teknik *nonprobability sampling*. Metode pengumpulan data menggunakan *General Self-Efficacy Scale-12* (12 butir,  $\alpha=0,804$ ) dan *Personal Growth Initiative Scale-II* (13 butir,  $\alpha=0,836$ ). Teknik analisis data menggunakan analisis nonparametrik *Spearman's rho* menunjukkan adanya hubungan positif antara *self-efficacy* dan *personal growth initiative* ( $r_{xy} = 0,560$ ,  $p < 0,001$ ). Hasil tersebut menunjukkan semakin tinggi *self-efficacy* maka semakin tinggi juga *personal growth initiative*, dan sebaliknya semakin rendah *self-efficacy* maka semakin rendah *personal growth initiative*. Dan saran untuk penelitian selanjutnya dapat meneliti pada partisipan yang lebih luas, melakukan pengujian lebih detail pada efek dari masing-masing program Kampus Merdeka, dan dapat meneliti variabel negatif atau kendala dari program Kampus Merdeka.

**Kata Kunci:** *Self-efficacy*; *personal growth initiative*; kampus merdeka

# **THE RELATIONSHIP BETWEEN SELF EFFICACY AND PERSONAL GROWTH INITIATIVE ON PARTICIPATING STUDENTS OF MERDEKA COLLEGE PROGRAMME AT DIPONEGORO UNIVERSITY**

**Aura Tsania La Biba, Ika Febrian Kristiana**

Faculty of Psychology, Universitas Diponegoro,  
Prof. Soedarto, SH. Street, Tembalang, Semarang, Indonesia 50275

[auratsania@students.undip.ac.id](mailto:auratsania@students.undip.ac.id)

## **ABSTRACT**

The purpose of this study is to examine the relationship between self-efficacy and personal growth initiatives in college students. This study involved Diponegoro University students aged 19-23 years ( $M = 21.163$  years,  $SD = 0.838$ ) who had or were participating in the Merdeka College programme ( $N = 196$ ) as a research sample using a nonprobability sampling technique. The data collection method used General Self-Efficacy Scale-12 (12 items,  $\alpha=0.804$ ) and Personal Growth Initiative Scale-II (13 items,  $\alpha=0.836$ ). Data analysis technique using Spearman's rho nonparametric analysis showed a positive relationship between self-efficacy and personal growth initiative ( $r_{xy} = 0.560$ ,  $p < 0.001$ ). The result shows that the self-efficacy is higher so do the personal growth initiative, whereas the self-efficacy is lower so do the personal growth initiative. And suggestions for further research can examine a wider range of participants, conduct more detailed tests on the effect of each Merdeka College programme and be able to examine the negative variables or constraints of the Merdeka College programme.

**Keywords:** Self-efficacy, personal growth initiative, Merdeka College