

Peran antara mindfulness dan academic self-efficacy dengan performa akademik mahasiswa = The role between mindfulness and academic self efficacy with student's academic performance

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Abstrak

Universitas menjadi wadah untuk dapat mengembangkan diri agar mahasiswa dapat menghasilkan performa akademik yang baik. Penelitian ini bertujuan untuk melihat peran antara mindfulness dan academic self-efficacy terhadap performa akademik mahasiswa. Mindfulness diukur menggunakan alat ukur Mindfulness Awareness and Attention Scale MAAS dari Brown dan Ryan 2003 . Academic Self-Efficacy diukur menggunakan alat ukur College Academic Self-Efficacy Scale CASES dari Owen dan Froman 1988. Performa akademik diukur menggunakan skor Indeks Prestasi Kumulatif IPK pada mahasiswa. Partisipan penelitian ini berjumlah 194 Mahasiswa S1 Universitas Indonesia. Berdasarkan hasil analisis perhitungan simple regression dapat disimpulkan bahwa terdapat peran yang positif dan signifikan antara mindfulness $R=.160$.

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University becomes a place for college students to be able to develop themselves in order to produce good academic performance. This study aims to examine the role between mindfulness and academic self efficacy with students academic performance. Instrument used in this study are Mindfulness Awareness and Attention Scale MAAS from Brown and Ryan 2003 and College Academic Self Efficacy Scale CASES from Owen and Froman 1988. Academic performance is measured using the GPA Grade Point Average students score. Participants of this study amounted to 194 undergraduate students from Universitas Indonesia. Simple Regression analysis result, there is positive and significant role between mindfulness $R=.160$.