

Gambaran Tingkat Self-Efficacy dan Resiliensi Mahasiswa Universitas di Depok yang Mengikuti Program Internasional = Self-Efficacy and Resilience of International Program Students at University in Depok

Cynthia Caroline, author

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Abstrak

Perbedaan tingkat pengetahuan, sosial-budaya, bahasa, dan lingkungan di luar negeri dapat memberikan dampak stress akulturatif terhadap mahasiswa yang menempuh studi di luar negeri. Namun begitu, mahasiswa melalui adaptasinya dapat mengembangkan tingkat sehat jiwa yang dimilikinya, salah satunya dengan indikator self-efficacy dan resiliensi yang dimiliki. Tujuan dari penelitian ini adalah untuk melihat gambaran tingkat self-efficacy dan resiliensi mahasiswa yang mengikuti program internasional di universitas di Depok. Metode penelitian yang digunakan berupa deskriptif kuantitatif dengan desain convenience sampling. Pengambilan data dari 248 responden dilakukan secara daring menggunakan kuesioner General Self-Efficacy Scale dan The Connor-Davidson Resilience Scale 10 item. Hasil penelitian menunjukkan sebagian besar mahasiswa memiliki tingkat self-efficacy yang tinggi (58.1%), dan mayoritas mahasiswa memiliki tingkat resiliensi yang tinggi (73.4%). Penelitian ini dapat dilanjutkan dengan menghubungkan kedua variabel tersebut, maupun memperluas lokasi penelitian yang ada. Selain itu, pengembangan program internasional juga penting bagi kebermanfaatan program terhadap kesehatan jiwa dan pengembangan diri mahasiswa.

The differences in the level of knowledge, socio-culture, language, and the environment abroad could cause acculturative stress on students studying abroad. However, students through adaptation could develop their level of mental health, one of which is the indicators of self-efficacy and resilience. This study aims to identify the level of self-efficacy and resilience of students who took international programs at a university in Depok. The study uses descriptive-quantitative with a convenience sampling technique. 248 numbers of data were collected online using the General Self-Efficacy Scale and The Connor-Davidson Resilience Scale 10 item. The results showed that more than half of students had a high level of self-efficacy and most of them had a high level of resilience. As a recommendation, this study could be completed by identifying the correlation between each variable, also by expanding the research location. In addition, international programs' development is also needed to maximize its benefits on students' mental health & self-development.