

# Hubungan antara Self-Compassion dan Self-Efficacy dalam Pembelajaran Daring pada Mahasiswa Program Sarjana = The Relationship between Self-Compassion and Online Learning Self-Efficacy among Undergraduate Students

Rayaning Pakarti Prasetyo, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20515354&lokasi=lokal>

---

## Abstrak

Pelaksanaan pembelajaran jarak jauh (PJJ) di perguruan tinggi Indonesia menghadirkan sejumlah tantangan besar, terutama di tengah masa pandemi Covid-19. Self-efficacy dalam pembelajaran daring diketahui menjadi komponen penting bagi mahasiswa untuk menghadapinya. Penelitian ini bertujuan untuk menguji hubungan antara self-compassion dengan self-efficacy dalam pembelajaran daring pada mahasiswa program sarjana yang tengah menjalani perkuliahan daring secara penuh. Partisipan penelitian (N=290) merupakan mahasiswa S1 dari UI, ITB, dan UGM yang berusia 18-23 tahun. Mereka diukur menggunakan Self-Efficacy Questionnaire for Online Learning (SeQoL) dan Self-Compassion Scale (SCS). Ketiga institusi pendidikan ini dipilih atas dasar klusterisasi perguruan tinggi di Indonesia yang melihat adanya perbedaan kualitas dalam pembelajaran daring. Hasil pengujian korelasi Pearson menunjukkan bahwa self-compassion yang dimiliki mahasiswa berhubungan secara signifikan dan positif dengan self-efficacy dalam pembelajaran daring ( $r(290) = 0,42, p < 0,01$ ). Hubungan positif dan signifikan terkuat ditemukan pada komponen self-kindness dengan dimensi self-efficacy dalam berinteraksi sosial dengan teman sekelas. Hasil penelitian ini memberikan pemahaman baru mengenai kondisi mahasiswa dalam konteks pembelajaran daring.

.....The implementation of distance learning among higher education institutions in Indonesia presents a number of challenges, especially in the midst of Covid-19. Self-efficacy in online learning context is known to be one of core component for students to deal with it. This study aimed to examine the relationship between self-compassion and online learning self-efficacy among undergraduate students who are undergoing full online lectures. Research participants (N= 290) are undergraduate students from UI, ITB, and UGM, aged between 18-23 years old. They were measured using Self-Efficacy Questionnaire for Online Learning (SeQoL) and Self-Compassion Scale (SCS). These three institutions were selected on the basis of a clusterization among universities in Indonesia, which saw differences in the quality of online learning. The Pearson correlation's result showed that the students' self-compassion had a significant and positive relationship with online learning self-efficacy ( $r(290) = 0,42, p < 0,01$ ). The strongest positive and significant relationship was found in self-kindness with dimension self-efficacy in social interaction with classmates. This study presents a new understanding of the students' conditions in the context of online learning.