

Peran Extraversion, Openness to Experience dan Kemampuan Metakognitif terhadap Fleksibilitas Kognitif pada Mahasiswa Program Sarjana = The Role of Extraversion, Openness to experience and Metacognitive Skills towards Cognitive Flexibility among Undergraduate Students

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Abstrak

Fleksibilitas kognitif merupakan kemampuan untuk mengalihkan set kognitif untuk beradaptasi terhadap stimulus lingkungan yang berubah. Penting bagi mahasiswa untuk memiliki fleksibilitas kognitif dalam menghadapi perkuliahan dan segala perubahan. Tujuan penelitian ini untuk melihat seberapa besar peran extraversion, openness to experience dan kemampuan metakognisi terhadap fleksibilitas kognitif pada mahasiswa program sarjana (S1). Penelitian ini merupakan penelitian kuantitatif menggunakan alat ukur Cognitive Flexibility Inventory (CFI), Metacognitive Skills Scale (MSS), dan IPIP-BFM-25 untuk mengukur variabel. Penelitian ini dilakukan pada 249 mahasiswa program sarjana di Indonesia (83 laki-laki dan 166 perempuan) berusia 18—25 tahun ($M=21$, $SD=1,4$). Hasil penelitian dengan analisis regresi linear berganda adalah extraversion, openness to experience dan kemampuan metakognitif secara simultan dan signifikan berkontribusi secara positif terhadap fleksibilitas kognitif pada mahasiswa program sarjana, Extraversion tidak berkontribusi secara signifikan terhadap fleksibilitas kognitif mahasiswa sedangkan kemampuan metakognitif memiliki peranan yang paling besar dalam memprediksi terjadinya fleksibilitas kognitif. Untuk penelitian selanjutnya diharapkan untuk memperhatikan proporsi demografi partisipan supaya lebih seimbang.

.....Cognitive flexibility is defined as the ability to adapt in changing environmental stimulus by switching cognitive sets. For college students, cognitive flexibility would be important to deal with academics in college studies as well as other changes. The purpose of this study is to see how significant are the roles of extraversion, openness to experience, and metacognitive skills towards the cognitive flexibility of undergraduate college students. The study used quantitative approach with Cognitive Flexibility Inventory (CFI), Metacognitive Skills Scale (MSS), and IPIP-BFM-25 to measure the variables. The study was conducted to a group of 249 undergraduate college students in Indonesia (83 males and 166 females) between the ages of 18—25 years old ($M=21$, $SD=1,4$). The result of the multiple linear regression had showed that when extraversion, openness to experience, and metacognitive skills are simultaneously regressed, it significantly gives positive contributions towards cognitive flexibility of undergraduate students. However, extraversion by itself did not prove to contribute significantly towards cognitive flexibility of undergraduate college students and on the other hand, metacognitive skills the biggest role in predicting cognitive flexibility among all variables. For the future research, it is recommended to pay attention on the demographic proportion on the participants in order for the research participants to be more balance.