

**PENGARUH *SELF-EFFICACY* TERHADAP RESILIENSI MAHASISWA
LULUSAN TAHUN AKADEMIK 2021/2022
DI KABUPATEN KARAWANG**

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ABSTRAK

Mahasiswa yang baru lulus dihadapkan pada suatu tantangan baru, di mana individu perlu bersaing satu sama lain untuk mendapatkan pekerjaan. Dalam usaha mencari pekerjaan, mahasiswa lulusan baru dihadapkan pada berbagai tantangan dan kesulitan yang memberikan dampak kurang baik bagi individu (Ikawati, 2019). Diperlukan penyesuaian diri bagi individu yang dikenal dengan istilah resiliensi atau kemampuan dalam beradaptasi dalam mengatasi dampak-dampak negatif dari kesulitan yang dialaminya, selaras dengan hasil penelitian terdahulu yang dilakukan oleh Burhani & Yahya (2014) menunjukkan bahwa resiliensi dipengaruhi oleh *self-efficacy*. Sehingga penelitian ini dilakukan untuk melihat pengaruh *self-efficacy* terhadap resiliensi mahasiswa lulusan tahun akademik 2021/2022 di Kabupaten Karawang. Penelitian ini dilakukan menggunakan desain kuantitatif dengan skala psikologi melalui alat ukur *The Connor-Davidson Resilience Scale* (CD-RISC) yang diadaptasi oleh Yu & Zhang dan *The General Self-Efficacy Scale* (GSES-12) yang telah diadaptasi oleh Bosscher & Smit dengan melibatkan 112 responden. Hasil analisis menunjukkan nilai signifikansi $0.000 < 0.05$, maka H_a diterima dan H_0 ditolak, sehingga diketahui bahwa terdapat pengaruh *self-efficacy* terhadap resiliensi pada mahasiswa lulusan tahun akademik 2021/2022 di Kabupaten Karawang. Berdasarkan hasil *R square* pada koefisien determinasi, diketahui bahwa pengaruh *self-efficacy* terhadap resiliensi pada mahasiswa lulusan tahun akademik 2021/2022 di Kabupaten Karawang adalah sebanyak 15.8% dan 84.2% dipengaruhi oleh faktor lainnya yang tidak termasuk variabel dalam penelitian ini.

Kata kunci: Resiliensi, *self-efficacy*, mahasiswa

**THE EFFECT OF SELF-EFFICACY ON THE RESILIENCE OF COLLEGE
STUDENT GRADUATING FROM THE ACADEMIC YEAR 2021/2022
IN KARAWANG REGENCY**

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ABSTRACT

Freshly graduated students are faced with a new challenge, where individuals need to compete with each other for jobs. In an effort to find work, fresh graduate students are faced with various challenges and difficulties that have an adverse impact on individuals (Ikawati, 2019). Self-adjustment is needed for individuals known as resilience or the ability to adapt in overcoming the negative impacts of the difficulties they experience, in line with the results of previous research conducted by Burhani & Yahya (2014) showing that resilience is influenced by self-efficacy.. So this study was conducted to see the effect of self-efficacy on the resilience of college students graduating from the 2021/2022 academic year in Karawang Regency. This research was conducted using a quantitative design with a psychological scale using The Connor-Davidson Resilience Scale (CD-RISC) which has been adapted by Yu & Zhang and The General Self-Efficacy Scale (GSES-12) which has been adapted by Bosscher & Smit with involving 112 respondents. . The results of the analysis show a significance value of $0.000 < 0.05$, then H_a is accepted and H_0 is rejected, so it is known that there is an influence of self-efficacy on resilience in college students graduating from the 2021/2022 academic year in Karawang Regency. Based on the results of R square on the coefficient of determination, it is known that the effect of self-efficacy on resilience in college students graduating from the academic year 2021/2022 in Karawang Regency is 15.8% and 84.2% is influenced by other factors that are not included in the variables in this research.

Keywords: Resilience, self-efficacy, college students.