

ABSTRAK

Penelitian ini merupakan penelitian kuantitatif yang bertujuan untuk mengetahui hubungan antara *self efficacy* dengan optimisme pada mahasiswa yang sedang mengerjakan skripsi di Universitas Mercu Buana Yogyakarta, hubungan antara *hardiness* dengan optimisme pada mahasiswa yang sedang mengerjakan skripsi di Universitas Mercu Buana Yogyakarta dan hubungan antara *self efficacy* dan *hardiness* dengan optimisme pada mahasiswa yang sedang mengerjakan skripsi di Universitas Mercu Buana Yogyakarta. Subjek penelitian adalah 100 mahasiswa. Penelitian ini menggunakan tiga skala yaitu skala optimisme, skala *self efficacy* dan skala *hardiness*. Hasil analisis korelasi *product moment* untuk variabel *self efficacy* dengan optimisme $r_{xy} = 0,798$ dengan taraf signifikansi 0,000 ($p < 0,05$), artinya hipotesis satu diterima. Besarnya sumbangan variabel *self efficacy* sebesar 64% dan 36% sisanya berhubungan dengan variabel lain. Hasil analisis korelasi *product moment* untuk variabel *hardiness* dengan optimisme menunjukkan $r_{xy} = 0,671$ ($p < 0,05$), artinya hipotesis dua diterima. Besarnya sumbangan variabel *hardiness* dengan optimisme sebesar 45% dan 55% sisanya berhubungan dengan variabel lain. Berdasarkan hasil analisis uji regresi berganda, hubungan antara *self efficacy* dan *hardiness* dengan optimisme adalah $R = 0,800$ serta nilai signifikansi $F = 85,991$ dan $P = 0,000$ ($p < 0,05$), artinya hipotesis mengenai hubungan antara *self efficacy* dan *hardiness* dengan optimisme, diterima. Serta koefisien determinasi $R^2 = 0,639$, artinya bahwa *self efficacy* dan *hardiness* secara bersama-sama memberikan sumbangan efektif sebesar 64% terhadap optimisme, sedangkan sisanya 36% dipengaruhi oleh faktor lain.

KataKunci: Optimisme, *Self-Efficacy*, *Hardiness*.

ABSTRACT

This research is a quantitative study that aims to determine the relationship between self-efficacy and optimism among students working on their thesis at Mercu Buana University, Yogyakarta, the relationship between hardiness and optimism among students working on their thesis at Mercu Buana University, Yogyakarta and the relationship between self-efficacy and hardiness with optimism for students who are working on their thesis at Mercu Buana University, Yogyakarta. The research subjects were 100 students. This study uses three scales, namely the optimism scale, self-efficacy scale and hardiness scale. The results of the product moment correlation analysis for the self-efficacy variable with optimism $r_{xy} = 0.798$ with a significance level of 0.000 ($p < 0.05$), meaning that hypothesis one is accepted. The magnitude of the contribution of the self-efficacy variable is 64% and the remaining 36% is related to other variables. The results of the product moment correlation analysis for the hardiness variable with optimism show $r_{xy} = 0.671$ ($p < 0.05$), meaning that the second hypothesis is accepted. The contribution of the hardiness variable with optimism is 45% and the remaining 55% is related to other variables. Based on the results of multiple regression analysis, the relationship between self-efficacy and hardiness with optimism is $R = 0.800$ and the significance value is $F = 85.991$ and $P = 0.000$ ($p < 0.05$), meaning that the hypothesis regarding the relationship between self-efficacy and hardiness with optimism is accepted. . And the coefficient of determination $R^2 = 0.639$, meaning that self-efficacy and hardiness together make an effective contribution of 64% to optimism, while the remaining 36% is influenced by other factors.

Keywords: *Optimism, Self efficacy, Hardiness*