ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara *self efficacy* dengan *quarter life crisis* pada mahasiswa yang sedang mengerjakan skripsi di Yogyakarta. Hipotesis yang diajukan dalam penelitian ini terdapat hubungan negatif antara *self efficacy* dengan *quarter life crisis* pada mahasiswa yang sedang mengerjakan skripsi di Yogyakarta. Subjek dalam penelitian ini berjumlah 203 mahasiswa tingkat akhir yang sedang mengerjakan skripsi di Yogyakarta. Skala yang digunakan dalam penelitian ini adalah skala *Self Efficacy* dan skala *Quarter Life Crisis*. Teknik analisis data yang digunakan adalah analisis korelasi *Product Moment Pearson*. Berdasarkan hasil analisis data diperoleh koefisien korelasi (rxy) = -0,290 dengan $p < 0,050$ yang menunjukan bahwa hipotesis dalam penelitian ini diterima, yaitu terdapat hubungan negatif antara *self efficacy* dengan *quarter life crisis* pada mahasiswa yang sedang mengerjakan skripsi. Koefisien determinasi (R^2) sebesar 0,084 menunjukan bahwa kontribusi *self efficacy* terhadap *quarter life crisis* sebesar 8,4%, sedangkan sisanya dipengaruhi oleh faktor lain diluar penelitian.

Kata Kunci : Mahasiswa akhir, *self Efficacy, quarter life crisis*

ABSTRACT

The study aims to determine the relationship between self efficacy dan quarter life crisis among student who are working on their thesis in Yogyakarta. The hypothesis proposed in this study is that there is a negative relationship between self efficacy and quarter life crisis among students who are working on their thesis. The subject in this study consisted of 203 final year students who were working on their in Yogyakarta. The instruments used in this study were the self efficacy scale and quarter life crisis scale. The data analysis technique used was Pearson Product Moment correlation analysis. Based on the results of data analysis, the correlation coefficient (rxy) = -0, 290 with p < 0, 050 was obtained, indicating that the hypothesis proposed in this study was accepted, meaning that there is a negative relationship between self efficacy and quarter life crisis among students who are working on their thesis. The coefficient of determination (R^2) was 0.084, indicating that the contribution of self efficacy to quarter life crisis was 8.4%, while the remaining percentage was influenced by other factors outside this study

Keywords : Self efficacy, quarter life crisis, thesis student