

ABSTRAK

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EFEKTIVITAS KEGIATAN MENTORING TERHADAP TINGKAT *SELF-EFFICACY* DAN KECEMASAN PADA MAHASISWA DI SATU UNIVERSITAS INDONESIA BAGIAN BARAT

(xiii + 87 Halaman; 1 Bagan; 5 Tabel; 16 Lampiran)

Kegiatan mentoring merupakan salah satu upaya yang digunakan untuk membantu mengatasi gangguan pada *self efficacy* dan kecemasan seseorang. Seseorang dengan gangguan *self efficacy* akan merasa dirinya tidak yakin dengan kemampuannya dan menimbulkan gangguan kecemasan. Tujuan penelitian ini yaitu untuk mengetahui efektivitas kegiatan mentoring pada tingkat *self efficacy* dan kecemasan pada mahasiswa Keperawatan di satu Universitas Swasta Indonesia Bagian Barat. Penelitian ini menggunakan metode penelitian *quasi* eksperimen kuantitatif. Jumlah sampel yang digunakan berjumlah 33 responden, pemilihan sampel menggunakan *purposive sampling* dari total populasi 233 mahasiswa keperawatan angkatan tahun 2020 di Universitas Swasta Indonesia Bagian Barat. Penelitian dilakukan pada bulan Januari hingga Maret 2022. Instrumen dalam penelitian ini menggunakan *General Self efficacy Scale* (GSES) dan *Hamilton Anxiety Rating Scale* (HARS). Analisa data pada penelitian menggunakan analisa bivariat dengan uji *Wilcoxon*. Hasil uji *Wilcoxon* pada *self efficacy* diperoleh hasil *positive rank* 32 (97%) dan *ties* 1 (3%) responden, dengan nilai *asympt significant (p Value)* = 0,000. Hasil uji *Wilcoxon* pada kecemasan diperoleh hasil *negative rank* 33 (100%) responden, dengan nilai *asympt significant (p Value)* = 0,000. Berdasarkan hasil data tersebut disimpulkan bahwa kegiatan mentoring yang dilakukan efektif untuk meningkatkan *self efficacy* dan menurunkan kecemasan pada mahasiswa yang akan menjalani praktik di rumah sakit.

Kata Kunci: *self efficacy*, kecemasan, kegiatan mentoring, mahasiswa
Referensi: 50 (2012-2022)

ABSTRACT

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THE EFFECTIVENESS OF MENTORING ACTIVITIES ON THE LEVEL OF SELF-EFFICACY AND ANXIETY IN STUDENTS AT ONE UNIVERSITY OF WEST INDONESIA

(xiii + 87 Pages; 1 Chart; 5 Table; 16 Appendices)

Mentoring activities are one of the efforts used to help overcome disturbances in one's self-efficacy and anxiety. A person with a self-efficacy disorder will feel confident in his abilities and cause anxiety disorders. The purpose of this study was to determine the effectiveness of mentoring activities on the level of self-efficacy and anxiety in nursing students at a private university in western Indonesia. This study uses a quantitative quasi-experimental research method. The number of samples used was 33 respondents, the sample selection used purposive sampling from a total population of 233 nursing students class of 2020 at the Western Indonesian Private University. The study was conducted from January to March 2022. The instruments in this study used the General Self efficacy Scale (GSES) and Hamilton Anxiety Rating Scale (HARS). Data analysis in this study used bivariate analysis with the Wilcoxon test. Wilcoxon test results on self-efficacy obtained positive rank 32 (97%) and ties 1 (3%) respondents, with a significant asymp value (p Value) = 0.000. Wilcoxon test results on anxiety obtained negative rank 33 (100%) respondents, with a significant asymp value (p Value) = 0.000. Based on the results of these data, it was concluded that the mentoring activities carried out were effective in increasing self-efficacy and reducing anxiety in students who would undergo practice in the hospital.

Keywords: self-efficacy, anxiety, mentoring activities, students
Reference: 50 (2012-2022)