

ABSTRAK

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HUBUNGAN DUKUNGAN SOSIAL DENGAN *SELF-EFFICACY* PADA MAHASISWA BARU FAKULTAS KEPERAWATAN DI SATU UNIVERSITAS SWASTA DI TANGERANG

(xv + 69 halaman; 1 bagan; 8 tabel; 9 lampiran)

Kegagalan seseorang dalam menyesuaikan diri, umumnya dikarenakan munculnya kesenjangan antara individu dengan kondisi lingkungannya. Hal tersebut dapat terjadi pada mahasiswa baru. Dukungan sosial dan *self efficacy* berperan penting dalam proses adaptasi. Peneliti mendapatkan data awal bahwa 57,14% mahasiswa di Satu Universitas Swasta di Tangerang mengatakan kesulitan karena tidak dapat mengandalkan kemampuannya. Diketahui 35,71% mengatakan orangtua tidak peduli dengan masalah yang sedang dihadapi. Tujuan penelitian ini adalah menganalisis hubungan antara *self-efficacy* dengan dukungan sosial pada mahasiswa tahun akademik pertama Fakultas Keperawatan di sebuah universitas swasta di Tangerang. Metode penelitian yang digunakan adalah kuantitatif dengan desain korelasi. Teknik pengambilan sampel yaitu *simple random sampling*, sehingga didapatkan 231 mahasiswa tahun akademik pertama. Instrumen penelitian menggunakan kuesioner *General Self-efficacy* (GSE) dan skala dukungan sosial. Analisis data menggunakan korelasi *Spearman*. Penelitian ini dilaksanakan pada bulan Januari 2025 hingga Maret 2025. Hasil analisis univariat menunjukkan mayoritas mahasiswa memiliki tingkat dukungan sosial yang tinggi (66.7%) dan *self-efficacy* tinggi (71.4%). Pada analisis bivariat menunjukkan adanya hubungan positif yang lemah namun signifikan antara dukungan sosial dan *self-efficacy* ($r = 0.191$ $p = 0.004$). Kesimpulannya, pada mahasiswa baru tingkat dukungan sosial dan *self-efficacy* yang dimiliki memiliki hubungan namun tergolong lemah yang mengindikasikan adanya faktor lain yang berperan. Penelitian ini merekomendasikan penelitian campuran (*mixed methods*) untuk eksplorasi faktor-faktor lain yang berkontribusi meningkatkan dukungan sosial dan *self-efficacy* mahasiswa.

Kata kunci: Dukungan sosial, Mahasiswa baru, *Self-efficacy*
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ABSTRACT

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THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND SELF-EFFICACY IN NEW NURSING FACULTY STUDENTS AT ONE OF THE PRIVATE UNIVERSITIES IN TANGERANG

(xv+ 69 pages; 1 charts; 8 tables; 9 attachments)

An individual's belief in their ability to succeed in a given sit An individual's inability to adapt is generally due to a gap between the individual and their environmental conditions. This can occur in new students. Social support and self-efficacy play an important role in the adaptation process. Initial data obtained by researchers showed that 57.14% of students at a Private University in Tangerang reported difficulties because they could not rely on their abilities. It was also found that 35.71% stated that their parents did not care about the problems they were facing. This study aims to analyze the relationship between self-efficacy and social support among first-year students of the Faculty of Nursing at a private university in Tangerang. The research method used was quantitative with a correlational design. The sampling technique was simple random sampling, resulting in a sample of 231 first-year students. The research instruments used were the General Self-efficacy (GSE) questionnaire and a social support scale. Data analysis was performed using Spearman correlation. This research was conducted from January 2025 to March 2025. The results of the univariate analysis showed that the majority of students had high levels of social support (66.7%) and high self-efficacy (71.4%). The bivariate analysis showed a weak but significant positive correlation between social support and self-efficacy ($r = 0.191$, $p = 0.004$). In conclusion, among new students, the levels of social support and self-efficacy they possess have a relationship, but it is considered weak, indicating the role of other factors. This study recommends mixed methods research to explore other factors that contribute to increasing students' social support and self-efficacy.

Keywords: New students, Self-efficacy, Social support

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