

ABSTRAK

Judul: Hubungan *Self-Efficacy* dengan *Communication Apprehension* pada Mahasiswa, di Jakarta. (Perwakilan Populasi)

Nama: Ria Apriyeni

Program Studi: Psikologi

Sebagai makhluk sosial, Mahasiswa tidak akan terlepas dari aktivitas yang berkaitan dengan berbicara di depan umum. Mahasiswa yang mengalami kesulitan dalam melakukan berbicara di depan umum dikarenakan mengalami sebuah kecemasan terhadap berbicara di depan umum (*Communication Apprehension*). *Communication Apprehension* biasanya dicirikan seperti gugup, jantung berdebar kencang, serta tidak memiliki keyakinan bahwa dirinya tidak memiliki kemampuan untuk melakukan berbicara di depan umum. *Self-Efficacy* mempengaruhi Mahasiswa untuk dapat berbicara di depan umum. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara *Self-Efficacy* dengan *Communication Apprehension* pada Mahasiswa, di Jakarta. Metoda penelitian ini kuantitatif korelasional dengan teknik pengambilan sampel menggunakan *non probability sampling*, dengan 100 responden Mahasiswa di Jakarta. Alat ukur *Self-Efficacy* berjumlah 28 aitem valid dengan nilai reliabilitas (α) 0,933, sedangkan alat ukur *Communication Apprehension* berjumlah 19 aitem valid dengan nilai reliabilitas (α) 0,919. Hasil uji korelasional product moment diperoleh ada hubungan negatif kuat dan signifikan antara *Self-Efficacy* dengan *Communication Apprehension* ($\text{sig } p < 0,000$ dan nilai $r = -0,761$). *Self-Efficacy* berkontribusi sebesar 57,91% terhadap *Communication Apprehension*. Mahasiswa lebih banyak memiliki *Self-Efficacy* yang rendah (51%) dan *Communication Apprehension* tinggi (51%). Pertemanan akan membuat *Self-Efficacy* dan *Communication Apprehension* yang tinggi, serta laki-laki banyak memiliki *Self-Efficacy* rendah dan *Communication Apprehension* tinggi.

Kata kunci: *Self-Efficacy*, *Communication Apprehension*, Mahasiswa

ABSTRACT

Title: Relationship between *Self-Efficacy* and *Communication Apprehension* for Students, in Jakarta. (Population Representative)

Name: Ria Apriyeni

Study Program: Psychology

As social beings, students cannot be separated from activities related to public speaking. Students who have difficulty speaking in public due to experiencing an anxiety about speaking in public (Communication Apprehension). Communication Apprehension is usually characterized as nervousness, fast heartbeat, and does not have the confidence that he does not have the ability to speak in public. Self-Efficacy influences students to be able to speak in public. The purpose of this study was to determine the relationship between Self-Efficacy and Communication Apprehension among students in Jakarta. This research method is quantitative correlation with the sampling technique using Non Probability Sampling, with 100 student respondents in Jakarta. The Self-Efficacy measuring instrument totaled 28 valid items with a reliability value (α) of 0.933, while the Communication Apprehension measurement tool was 19 valid items with a reliability value (α) of 0.919. The results of the product moment correlation test showed that there was a strong and a significant negative relationship between Self-Efficacy and Communication Apprehension (sig p 0,000 and r value -0,761). Self-Efficacy contributed 57.91% to Communication Apprehension. More students have low Self-Efficacy (51%) and high Communication Apprehension (51%). Friendship will make high Self-Efficacy and Communication Apprehension, and many men have low Self-Efficacy and high Communication Apprehension.

Keywords: Self-Efficacy, Communication Apprehension, Student