

ABSTRACT

THE RELATIONSHIP BETWEEN SELF EFFICACY AND SELF DIRECTED LEARNING READINESS OF FIRST YEAR STUDENT IN MEDICAL FACULTY UNIVERSITY OF LAMPUNG

By:

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Background: Self-efficacy is an individual's belief to be able finish a job. Adaptation is an adjustment to the environment. First year students are individuals who do adaptation. Self directed learning readiness is the readiness of students to the independence learning that demand students for learning. The purpose of this study is to investigate the relationship between self-efficacy and self directed learning readiness of first year student in Medical Faculty University of Lampung.

Methods: This study was using observational analytic with cross sectional approach. The sample in this study were consisted of the first year students of Medical Faculty University of Lampung. The study used two instruments form questionnaires that are General Self-Efficacy (GSE) and *Self directed learning readiness Scale* (SDLRS). Data of this study were analyzed with chi square test.

Results: The results showed that 22 (10,3%) of respondents had low self-efficacy, 159 (74,3%) moderate self efficacy, and 33 (15,4%) high self-efficacy. The SDLR score showed that 30 (14%) of respondents had low SDLR, 61 (28,5%) moderate SDLR, and the rest 123 (57,5%) had high SDLR. The results of chi square test showed that the score of p value was 0,023 (<0,05)

Conclusion: There is a relationship between self-efficacy and self directed learning readiness of first year student in Medical Faculty University of Lampung.

Keyword: adaptation, self-efficacy, self directed learning readiness

ABSTRAK

HUBUNGAN EFIKASI DIRI *TERHADAP SELF DIRECTED LEARNING READINESS* MAHASISWA TAHUN PERTAMA FAKULTAS KEDOKTERAN UNIVERSITAS LAMPUNG

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Latar Belakang: Efikasi diri merupakan suatu keyakinan yang dimiliki oleh individu untuk menyelesaikan pekerjaan tertentu. Adaptasi merupakan penyesuaian terhadap perubahan lingkungan. Mahasiswa tahun pertama merupakan individu yang berada pada masa transisi sehingga. *Self directed learning readiness* adalah kesiapan mahasiswa terhadap lingkungan yang menuntut mahasiswa untuk belajar secara mandiri. Tujuan penelitian ini adalah untuk mengetahui hubungan efikasi diri terhadap *self directed learning readiness* mahasiswa tahun pertama Fakultas Kedokteran Universitas Lampung.

Metode Penelitian: Penelitian ini menggunakan metode observasional analitik dan pendekatan *cross sectional*. Sampel dalam penelitian ini terdiri dari 223 mahasiswa aktif angkatan 2017 Fakultas Kedokteran Universitas Lampung. Penelitian ini menggunakan dua alat ukur berupa kuesioner yakni *General Self-efficacy* (GSE), dan *Self directed learning readiness Scale* (SDLRS). Data penelitian ini kemudian dianalisis menggunakan uji *chi square*.

Hasil Penelitian: Hasil penelitian menunjukkan, terdapat 22 (10,3%) responden memiliki efikasi diri rendah, 159 (74,3%) responden yang memiliki efikasi diri sedang dan 33(15,4%) responden memiliki efikasi diri tinggi. Pada skor SDLR terdapat 30 (14%) responden memiliki SDLR rendah, 61 (28,5%) memiliki SDLR sedang, dan 123 (57,5%) responden memiliki SDLR tinggi. Hasil uji uji *chi square*, diperoleh nilai $p = 0,023 (<0,05)$.

Simpulan: Terdapat hubungan antara efikasi diri terhadap *self directed learning readiness* pada mahasiswa tahun pertama Fakultas Kedokteran Universitas Lampung.

Kata Kunci : adaptasi, efikasi diri, *self directed learning readiness*