

*EFFECT SELF EFFICACY TO RESILIENCE IN COLLEGE STUDENTS OF  
PYSCHOLOGY FACULTY OF MERCU BUANA UNIVERSITY AMONG  
UNDERGRADUATE STUDENTS WHO ARE WORKING ON THEIR THESIS  
DURING COVID 19 PANDEMIC*

**ABSTRACT**

*This study aimed to examine effect self-efficacy to resilience in college students of psychology faculty of mercu buana university among undergraduate students who are working on their thesis during the covid 19 pandemic. The subjects for this study was chosen through accidental sampling process. A total of 103 undergraduate students were obtained to be the subjects of this study. Resilience was measured using CD-RISC scale and self efficacy was measured using The General Self Efficacy (GSE) Scale. This study uses a simple regression test. The results show the value of  $r = 0.766$  and  $p = 0.000$ . It means that there is a significant effect of self efficacy on resilience with a strong correlation. And the effective contribution is 58.6% and the remaining 41.4% is influenced by other people. Based on the results of the study, it can be concluded that there is a significant effect self-efficacy to resilience in college students of Psychology Faculty of Mercu Buana University among undergradudate students who are working on their thesis during the covid-19 pandemic.*

**Keywords : Self Efficacy, Recilience**

PENGARUH *SELF EFFICACY* TERHADAP RESILIENSI MAHASISWA  
FAKULTAS PSIKOLOGI UNIVERSITAS MERCU BUANA YANG SEDANG  
MENERJAKAN SKRIPSI PADA MASA PANDEMI COVID 19

**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui pengaruh *self efficacy* terhadap resiliensi mahasiswa Fakultas Psikologi Universitas Mercu Buana yang sedang mengerjakan skripsi pada masa pandemi covid 19. Teknik pengambilan sampel menggunakan aksidental sampling dengan sampel sebanyak 103 mahasiswa. Resiliensi menggunakan alat ukur skala CD-RISC dan *self efficacy* menggunakan alat ukur *The General Self efficacy scale (GSE)*. Penelitian ini menggunakan uji regresi sederhana. Hasil menunjukkan nilai  $r = 0,766$  dan nilai  $p = 0,000$ , artinya terdapat pengaruh signifikan *self efficacy* terhadap resiliensi dengan korelasi kuat. Dan sumbangan efektif sebesar 58,6% dan sisanya 41,4% dipengaruhi oleh faktor lain. Berdasarkan hasil penelitian dapat disimpulkan bahwa ada pengaruh yang signifikan *self efficacy* terhadap resiliensi pada mahasiswa fakultas psikologi universitas mercu buana yang sedang mengerjakan skripsi pada saat pandemi covid 19.

**Keywords : *Self Efficacy*, Resiliensi**