

HUBUNGAN ANTARA *SELF-EFFICACY* DAN *SELF-CONTROL* DENGAN KONFORMITAS PADA MAHASISWA DI JAKARTA BARAT

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ABSTRAK

Kebutuhan akan penerimaan dapat mendorong mahasiswa untuk melakukan konformitas dengan meniru sikap dan perilaku teman sebaya atau kelompok. Konformitas telah menjadi salah satu permasalahan yang dapat mengarahkan mahasiswa pada berbagai perilaku negatif dan berisiko. Meskipun beberapa penelitian telah melaporkan bahwa terdapat hubungan antara *self-efficacy* dan *self-control* dengan konformitas, namun arah hubungan tersebut masih belum konsisten. Penelitian ini bertujuan untuk menguji hubungan antara *self-efficacy* dan *self-control* dengan konformitas pada mahasiswa di Jakarta Barat. Penelitian ini dilakukan pada 358 mahasiswa remaja akhir dengan rentang usia 18 – 22 tahun. Penelitian ini menggunakan metode kuantitatif dengan teknik analisis data korelasional. Pengambilan sampel dilakukan menggunakan *non-probability sampling* dengan teknik *accidental sampling*. Pengambilan data dilakukan dengan beberapa instrumen, yakni *The Conformity Scale*, *General Self-Efficacy Scale* versi Indonesia, dan Skala Kontrol Diri Ringkas versi Indonesia. Hasil penelitian mengungkapkan bahwa terdapat hubungan negatif dan signifikan antara *self-efficacy* dengan konformitas pada mahasiswa di Jakarta Barat. Hal ini berarti semakin tinggi *self-efficacy* maka semakin rendah konformitas pada mahasiswa di Jakarta Barat. Hasil penelitian ini juga mengungkapkan bahwa terdapat hubungan negatif dan signifikan antara *self-control* dengan konformitas pada mahasiswa di Jakarta Barat. Hal ini berarti semakin tinggi *self-control* maka semakin rendah konformitas pada mahasiswa di Jakarta Barat. Temuan ini berimplikasi dalam strategi pengendalian konformitas pada mahasiswa.

Kata Kunci: *Konformitas, Self-Efficacy, Self-Control, Mahasiswa, Remaja Akhir*

**RELATIONSHIP BETWEEN SELF-EFFICACY AND SELF-CONTROL
WITH CONFORMITY AMONG COLLEGE STUDENTS IN WEST JAKARTA**

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ABSTRACT

The need for acceptance could encourage college students to do conformity by imitating attitudes and behavior of peers or groups. Conformity has become one of the problems that can lead college students to a variety of negative and risky behaviors. Although several research has reported that there was a relationship between self-efficacy and self-control with conformity, the direction of that relationship is still inconsistent. The current research aims to examine the relationship between self-efficacy and self-control with conformity among college students in West Jakarta. This research was conducted on 358 late adolescent college students with an age range of 18 – 22 years. This research used a quantitative method with correlational data analysis technique. Sampling was conducted using a non-probability sampling with accidental sampling technique. The collection of data was conducted by several instruments, which are The Conformity Scale, Indonesian version of The General Self-Efficacy Scale, and Indonesian version of The Brief Self-Control Scale. The result of this study reveals that there was a negative and significant relationship between self-efficacy with conformity among college students in West Jakarta. This means that the higher self-efficacy, the lower conformity among college students in West Jakarta. The result of this study also reveals that there was a negative and significant relationship between self-control with conformity among college students in West Jakarta. This means that the higher self-control, the lower conformity among college students in West Jakarta. These findings have implication for conformity control strategies among college students.

Keywords: *Conformity, Self-Efficacy, Self-Control, College Students, Late Adolescent*