

# Hubungan *Loneliness* dengan *Academic Self-Efficacy* Pada Mahasiswa Psikologi di Universitas X

Rahajeng Putri Pertiwi

Erna Multahada, M.Si

Universitas Mercu Buana, Jakarta

## ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan *loneliness* dengan *academic self-efficacy* pada mahasiswa psikologi di Universitas x. Metode penelitian ini menggunakan metode kuantitatif melalui model korelasi dan metode *simple random sampling* kepada 84 responden yang memiliki kriteria subjek penelitian yaitu mahasiswa psikologi Universitas X. Penyebaran data kuesioner dilakukan secara online menggunakan *Google Form* melalui media sosial seperti *Whatsapp* dan *Telegram*. Hasil penelitian terhadap mahasiswa psikologi menunjukkan bahwa adanya hubungan signifikan antara *loneliness* dengan *academic self-efficacy* dan berkorelasi kuat.  $H_a$  dalam penelitian ini diterima karena Sig (2-tailed)  $0.000 < 0.05$  dan nilai koefisien korelasi  $r = 0.730$  yang menjelaskan bahwa adanya korelasi atau hubungan positif antara *loneliness* dengan *academic self-efficacy* pada mahasiswa psikologi di Universitas x.

**Kata Kunci :** Kesepian, Efikasi Diri Akademik

# **The Relationship between Loneliness and Academic Self-Efficacy in Psychology Students at X University**

Rahajeng Putri Pertiwi

Erna Multahada, M.Si

Universitas Mercu Buana, Jakarta

## **ABSTRACT**

*This study aims to determine the relationship between loneliness and academic self-efficacy in psychology students at the University of X. This research method uses quantitative methods through correlation models and simple random sampling methods to 84 respondents who have the criteria of research subjects, namely psychology students at X University. Questionnaire data distribution is done online using Google Form through social media such as Whatsapp and Telegram. The results of research on psychology students show that there is a significant relationship between loneliness and academic self-efficacy and has a strong correlation.  $H_0$  in this study was accepted because Sig (2-tailed)  $0.000 < 0.05$  and the value of the correlation coefficient  $r = 0.730$  which explains that there is a positive correlation or relationship between loneliness and academic self-efficacy in psychology students at the University of X.*

**Keywords :** *Loneliness, Academic Self-Efficacy*