

**CORRELATION BETWEEN SELF-EFFICACY AND SUBJECTIVE
WELL-BEING IN STUDENTS WHO ARE WORKING A THESIS**

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ABSTRACT

This thesis with the title *Correlation between Self-Efficacy and Subjective Well-Being in Students Who Are Working on This thesis* aims to see whether or not there is a relationship between self-efficacy and subjective well-being in students who are working on their thesis or final project. Self-efficacy is a person's belief in their abilities when they are faced with a task. Subjective well-being is a self-evaluation of one's own life. This research is quantitative method. The questionnaires uses are *General Self-Efficacy*, *Satisfaction With Life Scale*, and *Scale of Positive and Negative Experience*. Which was distributed to 151 final-year students in Indonesia who is working on their thesis or final project. Data test was performed by using SPSS.

The results showed that there is a correlation between self-efficacy and subjective well-being in students who were working on their thesis. If self-efficacy is high, then the level of subjective well-being is high. Likewise, if self-efficacy is low, then

the level of subjective well-being that is owned is also low. This study found that the mean value of self-efficacy and subjective well-being was at a moderate level, which means that students who are working on their thesis have felt that they are capable and satisfied with their abilities, also have pleasant positive emotions. Despite their self-efficacy and subjective well-being, they are not at a high level.

Keywords: *final-year students, self-efficacy, subjective well-being, thesis*



**HUBUNGAN ANTARA SELF-EFFICACY DENGAN SUBJECTIVE
WELL-BEING PADA MAHASISWA YANG SEDANG MENGERJAKAN
SKRIPSI**

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ABSTRAK

Skripsi dengan judul Hubungan antara *Self-Efficacy* dengan *Subjective Well-Being* pada Mahasiswa yang Sedang Mengerjakan Skripsi ini bertujuan untuk melihat apakah ada atau tidak adanya hubungan *self-efficacy* dengan *subjective well-being* pada mahasiswa yang sedang mengerjakan skripsi atau tugas akhir. *Self-efficacy* merupakan kepercayaan seseorang terhadap kemampuannya saat mereka dihadapkan oleh suatu tugas. *Subjective well-being* merupakan evaluasi diri terhadap kehidupannya sendiri. Penelitian ini merupakan penelitian kuantitatif. Kuesioner yang digunakan adalah *General Self-Efficacy*, *Satisfaction With Life Scale*, dan *Scale of Positive and Negative Experience*. Yang disebarkan kepada 151 mahasiswa tingkat akhir yang sedang mengerjakan skripsi di Indonesia. Dan uji data dilakukan dengan menggunakan SPSS.

Hasil penelitian menunjukkan bahwa terdapat hubungan antara *self-efficacy* dengan *subjective well-being* pada mahasiswa yang sedang mengerjakan skripsi. Jika *self-efficacy* tinggi, maka tingkat *subjective well-being* yang dimiliki juga tinggi. Begitupula sebaliknya, jika *self-efficacy* rendah, maka tingkat *subjective well-being* yang dimiliki juga rendah. Penelitian ini menemukan bahwa nilai *mean* dari *self-efficacy* dan *subjective well-being* berada di tingkatan yang sedang, yang berarti mahasiswa yang sedang mengerjakan skripsi telah banyak merasakan bahwa dirinya mampu dan puas akan kemampuan yang ia miliki, juga memiliki emosi positif yang menyenangkan. Meskipun *self-efficacy* dan *subjective well-being* mereka tidak berada di tingkatan yang tinggi.

Kata kunci: *mahasiswa tingkat akhir, self-efficacy, skripsi, subjective well-being*

