

SELF REGULATED LEARNING DITINJAU DARI EFIKASI DIRI DAN DUKUNGAN SOSIAL PADA SISWA SMA WIYATA DHARMA MEDAN

Natalia¹⁾, Fanni Xevyra²⁾, Grace Kelly³⁾

nataliachen12@gmail.com, fannixevyra5903@gmail.com, gracehorannn@gmail.com

Fakultas Psikologi, Universitas Prima Indonesia

ABSTRAK

Penelitian dilaksanakan untuk menyelidiki hubungan Efikasi Diri dan Dukungan Sosial dengan *Self Regulated Learning*. Penelitian menggunakan sampel 139 Siswa/Siswi dari SMA Wiyata Dharma Medan. *Disproportionate Stratified Random Sampling* merupakan metode pengambilan sampel penelitian. Pembagian kuesioner kepada sampel merupakan teknik pengambilan data penelitian. Analisis data menggunakan analisis regresi berganda. Hasil uji hipotesis mayor menyatakan adanya hubungan Efikasi Diri dan Dukungan Sosial dengan *Self Regulated Learning* dengan $F = 115,581$ dan $p = 0,000$ ($p < 0,05$). Hasil uji hipotesis minor menyatakan adanya hubungan positif Efikasi Diri dengan *Self Regulated Learning* dengan $p = 0,000$ ($p < 0,05$) dan $\beta = 0,743$, serta hubungan positif tidak signifikan Dukungan Sosial dengan *Self Regulated Learning* dengan $p = 0,114$ ($p > 0,05$) dan $\beta = 0,095$. Model uji asumsi termasuk normalitas, multikolinearitas, autokorelasi, dan heterokedasitas. Analisis data menggunakan metode analisis regresi linear lewat perangkat lunak *SPSS Statistics 25 for Windows*. Hasil memperoleh 62,4% berasal dari Efikasi Diri dan Dukungan Sosial, selebihnya 37,6% berasal dari faktor pendorong lain yang tidak diselidiki.

Kata Kunci: Self Regulated Learning, Efikasi Diri, Dukungan Sosial

SELF REGULATED LEARNING ANALYSIS IN TERMS OF SELF EFFICACY AND SOCIAL SUPPORT OF SMA WIYATA DHARMA MEDAN STUDENTS

Natalia¹⁾, Fanni Xevyra²⁾, Grace Kelly³⁾

nataliachen12@gmail.com, fannixevyra5903@gmail.com, gracehorannn@gmail.com

Faculty of Psychology, Universitas Prima Indonesia

ABSTRACT

The research study was executed to analyse the correlation among Self Regulated Learning, Self Efficacy and Social Support. The research study used a sample of 139 students from SMA Wiyata Dharma Medan. Disproportionate stratified random sampling was used as the sampling method. Questionnaires was used as the data collection technique. Data analysis used was multiple regression analysis. The result of major hypothesis test showed there was a correlation among Self Regulated Learning, Self Efficacy and Social Support with $F = 115,581$ and $p = 0,000$ ($p < 0,05$). The result of minor hypothesis test showed there were a significant positive correlation among Self Regulated Learning and Self Efficacy with $p = 0,000$ ($p < 0,05$) and $\beta = 0,743$, and a no significant positive correlation among Self Regulated Learning and Social Support with $p = 0,114$ ($p > 0,05$) and $\beta = 0,095$. The testing of assumption model includes normality, multicollinearity, autocorrelation and heteroscedasticity. Data analysis were using linear regression analysis method via SPSS Statistics 25 Software for Windows. The result findings indicated that the effective contribution of 62,4% is contributed by Self Efficacy and Social Support, the remainders of 37,6% is contributed by other contributing factors that are not being analysed.

Keywords: *Self Regulated Learning, Self Efficacy, Social Support*