

**PENGARUH *SELF EFFICACY* DAN DUKUNGAN SOSIAL TERHADAP *SELF REGULATED LEARNING*  
PADA SISWA SMA GAJAH MADA**

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**INTISARI**

Penelitian ini dilaksanakan di SMA Gajah Mada Medan dengan tujuan untuk menganalisis pengaruh *Self Efficacy* dan Dukungan Sosial terhadap *Self Regulated Learning* pada siswa. Populasi sekaligus sampel dalam penelitian ini berjumlah 82 siswa SMA Gajah Mada Medan, dengan teknik pengambilan sampel menggunakan *total sampling*. Pengumpulan data dilakukan melalui penyebaran kuesioner kepada seluruh responden. Analisis data menggunakan metode regresi linier berganda. Hasil pengujian hipotesis mayor menunjukkan bahwa *Self Efficacy* dan Dukungan Sosial secara simultan berpengaruh signifikan terhadap *Self Regulated Learning*, dengan nilai F sebesar 15.874 dan tingkat signifikansi  $p = 0.000$  ( $p < 0.05$ ). Hasil pengujian hipotesis minor menunjukkan adanya hubungan positif dan signifikan antara *Self Efficacy* dan *Self Regulated Learning* ( $p = 0.040$ ;  $\beta = 0.199$ ), serta hubungan positif dan signifikan antara Dukungan Sosial dan *Self Regulated Learning* ( $p = 0.000$ ;  $\beta = 0.511$ ). Pengujian asumsi yang dilakukan meliputi uji normalitas, multikolinearitas, autokorelasi, dan heterokedastisitas. Seluruh data dianalisis menggunakan *SPSS Statistics 23 for Windows*. Hasil penelitian menunjukkan bahwa *Self Efficacy* dan Dukungan Sosial memberikan kontribusi efektif sebesar 26.9% terhadap *Self Regulated Learning*, sedangkan 73.1% sisanya dipengaruhi oleh faktor lain di luar penelitian ini.

***Kata Kunci: Self Efficacy, Dukungan Sosial, Self Regulated Learning***

**THE EFFECT OF SELF EFFICACY AND SOCIAL SUPPORT ON SELF  
REGULATED LEARNING IN GAJAH MADA STUDENTS**

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**ABSTRACT**

*This study was conducted at SMA Gajah Mada Medan to examine the influence of Self Efficacy and Social Support on Self Regulated Learning among senior high school students. The population as well as the sample consisted of 82 students of SMA Gajah Mada Medan, selected using a total sampling technique. Data were collected through the distribution of questionnaires to all respondents. The data were analyzed using multiple linear regression analysis. The result of the major hypothesis test indicated that Self Efficacy and Social Support simultaneously had a significant effect on Self Regulated Learning, as evidenced by an  $F$  value of 15.874 and a significance level of  $p = 0.000$  ( $p < 0.05$ ). The minor hypothesis test results showed a significant positive relationship between Self Efficacy and Self Regulated Learning ( $p = 0.040$ ;  $\beta = 0.199$ ), as well as a significant positive relationship between Social Support and Self Regulated Learning ( $p = 0.000$ ;  $\beta = 0.511$ ). Assumption tests included normality, multicollinearity, autocorrelation and heteroscedasticity tests. All data were processed using SPSS Statistics 23 for Windows. The findings revealed that Self Efficacy and Social Support contributed 26.9% to Self Regulated Learning, while the remaining of 73.1% was influenced by other factors not examined in this study.*

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