

HUBUNGAN ANTARA RESILIENSI DAN *SELF-EFFICACY* DENGAN PRESTASI AKADEMIK MAHASISWA PREKLINIK DI FAKULTAS KEDOKTERAN UPNVJ TAHUN 2022

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Abstrak

Prestasi akademik merupakan hasil yang didapat mahasiswa dari suatu pekerjaan yang dilakukan di perguruan tinggi yang mencerminkan proses pembelajaran serta perubahan wawasan, pengetahuan, perilaku, dan kemampuannya. Prestasi akademik dipengaruhi oleh beberapa faktor internal maupun eksternal. Faktor eksternal seperti suasana belajar dan sarana prasarana, serta faktor internal seperti, resiliensi, *self-efficacy* dan motivasi. Adanya kesenjangan beberapa penelitian tentang hubungan antara resiliensi dan *self-efficacy* dengan prestasi akademik mahasiswa preklinik di Fakultas Kedokteran serta penelitian ini juga menjadi paradigma baru karena tuntutan masyarakat yang mengharapkan petugas kesehatan memiliki ketahanan dan keyakinan diri dalam menjalankan profesinya. Diharapkan prestasi akademik mahasiswa dapat ditingkatkan melalui pemahaman tentang resiliensi dan *self-efficacy*. Tujuan penelitian ini untuk mengetahui hubungan antara resiliensi dan *self-efficacy* dengan prestasi akademik mahasiswa preklinik di Fakultas Kedokteran UPNVJ. Metode pengambilan sampel menggunakan *stratified random sampling* dengan jumlah sampel 234 mahasiswa Fakultas Kedokteran UPNVJ angkatan 2019, 2020, 2021, data diambil dari kuesioner yang diisi responden. Penelitian ini menggunakan desain *cross sectional*. Uji korelasi pada penelitian ini menggunakan uji *spearman*. Hasil uji statistik menunjukkan tidak terdapat hubungan yang signifikan antara resiliensi dengan prestasi akademik ($p=0.747$), dan *self-efficacy* dengan prestasi akademik ($p=0.106$). Faktor lain kemungkinan dapat meningkatkan prestasi akademik mahasiswa.

Kata kunci: Resiliensi, *self-efficacy*, prestasi akademik

THE RELATIONSHIP BETWEEN RESILIENCE AND SELF-EFFICACY WITH ACADEMIC ACHIEVEMENT IN PRECLINIC STUDENTS IN THE UPNVJ FACULTY OF MEDICINE IN 2022

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Abstract

Academic achievement is a student's achievement of assignments carried out in college that reflect the learning process and changes in insight, knowledge, behavior, and abilities. Several internal and external factors influence academic achievement. External factors include learning environment and infrastructure, as well as internal factors such as resilience, self-efficacy, and motivation. There need to be more studies regarding the relationship between resilience and self-efficacy with the academic achievement of preclinical students at the Faculty of Medicine. This research is also a new paradigm because of society's demands that health workers have resilience and confidence in carrying out their profession. Understanding resilience and self-efficacy is hoped to increase student academic achievement. This study aimed to determine the relationship between resilience and self-efficacy with the academic achievement of preclinical students at the UPNVJ Faculty of Medicine. The sampling method used stratified random sampling with 234 UPNVJ Faculty of Medicine students in 2019, 2020, and 2021 as the sample. The data was taken from a questionnaire filled out by the respondents. This study used a cross-sectional design. The correlation test in this study used the Spearman test. Statistical tests showed no significant relationship between resilience and academic achievement ($p=0.747$) and self-efficacy and academic achievement ($p=0.106$). Other factors may increase student academic achievement.

Keywords: *Resilience, self-efficacy, academic achievement*