# Hubungan antara explanatory style dan optimisme pada mahasiswa universitas indonesia = A correlation study between explanatory style and optimism among college students university of indonesia / Rika Noor Athari

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Abstrak

[<b>ABSTRAK</b><br>
Pada umumnya mahasiswa menunjukkan optimisme yang tinggi, dimana mereka meyakini bahwa hasil yang baik akan diperoleh setelah menjalani kehidupan perkuliahan yang penuh dinamika. Namun, tak jarang ditemukan mahasiswa yang bermasalah atau bahkan gagal selama masa studi mereka. Dan uniknya, setiap mahasiswa memiliki cara tersendiri dalam menilai penyebab-penyebab dari setiap kejadian yang dialami (explanatory style) yang nantinya dapat mengarahkan usaha terhadap kejadian-kejadian di masa mendatang.

Tujuan penelitian ini adalah untuk mengetahui apakah terdapat hubungan antara explanatory style dan optimisme pada mahasiswa Indonesia. Partisipan penelitian ini merupakan 669 mahasiswa Universitas Indonesia yang tersebar dari 13 fakultas. Explanatory style diukur dengan menggunakan Attributional Style Questionnaire yang dikembangkan Peterson, Semmel, von Baeyer, Abramson, Metalsky & Seligman pada tahun 1982. Sedangkan optimisme diukur menggunakan Life Orientation Test-Revised (LOT-R) yang dikembangkan Scheier, Carver, & Bridge pada tahun 1994. Hasil penelitian ini menunjukkan bahwa terdapat hubungan yang signifikan antara explanatory style dan optimisme. Hubungan yang signifikan juga ditemukan antara tiga dimensi explanatory style dan optimisme, terkecuali dimensi externality vs internality situasi hipotetikal negatif dan optimisme. Terdapat perbedaan total optimisme antara mahasiswa dari Jabodetabek dan non-Jabodetabek. Sedangkan perbedaan jenis kelamin hanya terlihat pada total skor optimisme. Agama menjadi faktor yang membedakan explanatory style dan optimisme yang dimiliki individu, dimana pemeluk agama Hindu cenderung memiliki optimistic explanatory style dan pemeluk agama Katholik lebih optimis dibandingkan yang lainnya.;Generally, students showed high optimism, which they believe that good results will be obtained after a life full of dynamic lectures. However, it is not rare to find students who are troubled or even fail during their studies. Uniquely, each student has its own way of assessing the causes of any events experienced (explanatory style) that can later be directing efforts towards events in the future. The purpose of this study was to determine whether there is a relationship between explanatory style and optimism on Indonesian students. Participants of this study is 669 students of the University of Indonesia, which

is spread from 13 faculties. Explanatory style is measured using Attributional Style Questionnaire developed by Peterson, Semmel, von Baeyer, Abramson, Metalsky & Seligman in 1982. Meanwhile, optimism was measured using the Life Orientation Test-Revised (LOT-R) developed Scheier, Carver, & Bridge in 1994. Results of this study indicate that there is a significant correlation between explanatory style and optimism. Significant correlation was also found between the three dimensions of explanatory style and optimism, with the exception of the dimensions externality vs internality of negative hypothetical situation and optimism. Difference of total score has been found for optimism among students from Jabodetabek and non-Jabodetabek. While the difference between the sexes is only visible in the total score of optimism. Religion became a factor that distinguishes explanatory style and optimism of the individual, where Hindus are likely to have optimistic explanatory style and followers of the Catholic religion is more optimistic than others.;Generally, students showed high optimism, which they believe that good results

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