

## Hubungan antara self-regulated learning dan computer anxiety pada mahasiswa kuliah online = The relationship between self-regulated learning and computer anxiety in online course university student

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### Abstrak

Penelitian korelasional ini dilakukan untuk mendapat gambaran mengenai hubungan antara self-regulated learning dan computer anxiety pada mahasiswa yang mengikuti kuliah online. Self-regulated learning didefinisikan sebagai proses belajar di mana siswa secara aktif menggunakan kemampuan metakognitif, motivasional, dan tingkah laku untuk mencapai tujuan belajarnya. Computer anxiety adalah respons afektif individu yang negatif dan berlebihan pada penggunaan komputer. Pengukuran self-regulated learning menggunakan Online Self-Regulated Learning Questionnaire OSLQ yang dibuat oleh Barnard et al. 2009. Computer anxiety diukur dengan Computer Anxiety Rating Scale CARS yang dikonstruksi oleh Heinssen et al. 1987. Partisipan penelitian berjumlah 94 mahasiswa yang mengikuti kuliah online di beberapa universitas di Indonesia. Dengan teknik statistik Pearson correlation, ditemukan bahwa tidak terdapat hubungan antara self-regulated learning dan computer anxiety  $r = -0,055$  pada L.o.S. 0,05. Pada bagian diskusi, dijelaskan mengenai kemungkinan alasan tidak ditemukannya korelasi antara self-regulated learning dan computer anxiety. Penting untuk penelitian selanjutnya mencari faktor-faktor lain yang dapat mempengaruhi self-regulated learning pada mahasiswa kuliah online.

*The purpose of this correlational research was to find the relation between self regulated learning and computer anxiety in online course university students. Self regulated learning is defined as a learning process in which students actively involved in using metacognitive, motivational, and behavioral skill to attain learning goals. Computer anxiety is defined as exaggerated negative affective response, such that resistance to and avoidance of computer technology. Self regulated learning was measured using Online Self Regulated Learning Questionnaire OSLQ constructed by Barnard et al. 2009.*

*Computer anxiety was measured using Computer Anxiety Rating Scale CARS constructed by Heinssen et al. 1987 . Participants of this research were 94 online course students from universities in Indonesia. The main result computed with Pearson correlation showed that there is no relationship between self regulated learning and computer anxiety  $r 0,055$  in L.o.S. 0,05. In discussion section, the reasons why the relationship is not found was argued. Therefore, it is important for next research to examine other factors that correlates with self regulated learning in online course students.*