

## Peran mindfulness dan academic self-efficacy terhadap resiliensi pada mahasiswa S1 Universitas Indonesia = The role of mindfulness and academic self-efficacy towards resilience among undergraduate students in Universitas Indonesia

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### Abstrak

#### **ABSTRAK**

Penelitian ini bertujuan untuk melihat peran mindfulness dan academic self-efficacy terhadap resiliensi pada mahasiswa S1 Universitas Indonesia. Responden dalam penelitian ini sebanyak 213 orang dari seluruh fakultas yang ada di Universitas Indonesia. Instrumen penelitian yang digunakan antara lain Mindfulness Attention Awareness Scale MAAS, College Academic Self-Efficacy Scale CASES, dan Connor Davidson Richardson Resilience Scale CD-RISC . Melalui simple regression, diperoleh hasil bahwa mindfulness dan academic self-efficacy berperan terhadap resiliensi pada mahasiswa S1 Universitas Indonesia  $R = 0.153, p < 0.01; = 0.023, R = 0.340, p < 0.001; = 0.116$ . Individu yang mindful memiliki kemampuan coping yang baik melalui self-regulation dan kemampuan self-regulation dapat membuat individu mempertahankan kesehatan psikologisnya. Ketika individu mampu untuk mempertahankan kesehatan psikologisnya maka individu mampu untuk mengatasi stres yang dialami, hal tersebut menandakan individu memiliki resiliensi. Kemudian, academic self-efficacy akan membantu individu untuk mengembangkan rasa menghargai diri yang akan mempengaruhi kemampuan individu dalam menghadapi rintangan yang dialami.

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#### **ABSTRACT**

The purpose of this study was to see the role of mindfulness and academic self efficacy towards resilience among undergraduate students in Universitas Indonesia. Respondents of this study are 213 from all majors in Universitas Indonesia. Instruments used in this study are Mindfulness Attention Awareness Scale MAAS, College Academic Self Efficacy Scale CASES, and Connor Davidson Richardson Resilience Scale CD RISC. Using simple regression, results show that mindfulness and academic self efficacy plays a role in resilience among undergraduate students in Universitas Indonesia  $R 0.153, p 0.01 0.023, R 0.340, p 0.001 0.116$ . Mindful individual have good coping skills through self regulation an this will enable individual to maintain their psychological health. When they are able to maintain their psychological health, then they can cope with the stress and it indicates the individual has resilience. Then, Academic self efficacy will help the individual develop self esteem that will affect their ability to face the adversity experienced.