

# Self-Efficacy Sebagai Moderator Pada Hubungan Korelasional Antara Perceived Social Support Dengan Distres Psikologis Pada Mahasiswa = Self-Efficacy As Moderator On The Correlational Relation Between Perceived Social Support And Psychological Distress Among College Students

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## Abstrak

Penelitian ini bertujuan untuk melihat moderasi self-efficacy terhadap hubungan perceived social support dan distres psikologis pada mahasiswa. Responden dalam penelitian ini merupakan mahasiswa berusia 18-25 tahun yang berjumlah 519 orang, terdiri dari 394 orang perempuan (71%) dan 125 orang laki-laki (29%) dari berbagai perguruan tinggi di Indonesia. Hasil penelitian menunjukkan terdapat hubungan yang negatif dan signifikan antara perceived social support dan distres psikologis ( $r=-0,283$ ,  $p<0,001$ ). Melalui analisis lebih lanjut, ditemukan bahwa terdapat efek moderasi self-efficacy terhadap hubungan perceived social support dengan distres psikologis pada mahasiswa. Perceived social support yang bersumber dari keluarga ditemukan sebagai prediktor penurunan distres psikologis yang lebih utama dibanding teman dan significant others. Implikasi penelitian ini sebagai rujukan intervensi dan penelitian lebih lanjut terkait distres psikologis pada mahasiswa.

.....This study was conducted to examine the moderating effect that can be given by self-efficacy towards the relationship of perceived social support with psychological distress among college students. Respondents in this study were students aged 18-25 years, totaling 519 people, consisting of 394 women (71%) and 125 men (29%) from various universities in Indonesia. The result indicated negative and significant correlation between perceived social support and psychological distress ( $r=-0,283$ ,  $p<0,001$ ). Through further analysis, it was found that there is a moderating effect that can be given self-efficacy towards the relationship of perceived social support with psychological distress among college students. Perceived social support from family was a better predictor of reducing psychological distress than friends and significant others. The implications of the study as a reference for further intervention and research related to psychological distress in college students.