

ABSTRAK

Ana Fitrotun Nisa. 200541100003. Pengaruh Dimensi *Big Five Personality* Terhadap Perilaku Merokok Mahasiswa Fakultas Teknik. Skripsi. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura. 2025.

Perilaku merokok kini menjadi kebiasaan yang sulit dihilangkan bagi sebagian individu. Hal ini disebabkan rokok dapat membuat penggunanya mendapatkan respons afektif untuk mengurangi afek negatif dan meningkatkan afek positif dalam berbagai situasi, termasuk di kalangan mahasiswa sebagai kaum akademisi yang memiliki banyak pengetahuan bahkan menjadi bagian dari kelompok berisiko, yaitu perilaku merokok. Perilaku merokok banyak disebabkan oleh beberapa faktor salah satunya kepribadian. Penelitian ini bertujuan untuk mengetahui pengaruh dimensi *Big Five Personality* terhadap Perilaku Merokok mahasiswa Fakultas Teknik Universitas Trunojoyo Madura. Tipe kepribadian yang digunakan dalam penelitian ini yaitu (*Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism*). Penelitian ini menggunakan pendekatan kuantitatif korelasi kausal, teknik pengambilan data dilakukan dengan survei, jumlah subjek penelitian sebanyak 150 yang ditentukan dengan teknik *purposive sampling*. Instrumen yang digunakan adalah skala BFI (*Big Five Inventory*) ($\alpha=0,792$) dan skala Perilaku Merokok $\alpha=0,875$. Analisis data menggunakan regresi linier sederhana. Hasil penelitian menunjukkan hanya dimensi *Extraversion* yang berpengaruh signifikan terhadap perilaku merokok dengan nilai F sebesar 19,029 dan nilai signifikansi sebesar ($p=0,000 < 0,05$). Artinya hipotesis diterima. Nilai R^2 (koefisien determinasi) sebesar 0,114 mengindikasikan bahwa dimensi *Extraversion* berkontribusi sebesar 11,4% terhadap perilaku merokok. Selanjutnya pada dimensi *Extraversion* menghasilkan nilai R (koefisien korelasi) sebesar 0,338 menunjukkan dimensi *Extraversion* berpengaruh positif terhadap perilaku merokok secara signifikan, semakin tinggi dimensi *Extraversion* maka semakin tinggi perilaku merokok individu dan sebaliknya. Sementara empat dimensi lainnya (*Agreeableness, Conscientiousness, Neuroticism, dan Openness to Experience*) tidak menunjukkan pengaruh signifikan terhadap perilaku merokok.

Kata Kunci: Dimensi *Big Five Personality*, Perilaku Merokok, Mahasiswa Fakultas Teknik.

ABSTRACT

Ana Fitrotun Nisa. 200541100003. The Effect of *Big Five Personality Dimensions* on Smoking Behavior of Faculty of Engineering Students. Thesis. Psychology Study Program, Faculty of Social and Cultural Sciences, Trunojoyo University Madura. 2025.

Smoking behavior is now a habit that is difficult to eliminate for some individuals. This is because cigarettes can make users get affective responses to reduce negative affect and increase positive affect in various situations, including among students as academics who have a lot of knowledge and even become part of risky groups, namely smoking behavior. Smoking behavior is caused by several factors, one of which is personality. This study aims to determine the effect of the *Big Five Personality* dimensions on Smoking Behavior of students of the Faculty of Engineering, Trunojoyo University Madura. The personality types used in this study are (Openness to Experience, Conscientiousness, Extraversion, Agreeableness, Neuroticism). This study used a causal correlation quantitative approach, data collection techniques were carried out by survey, the number of research subjects was 150 which were determined by purposive sampling technique. The instruments used were the BFI (Big Five Inventory) scale ($\alpha=0.792$) and the Smoking Behavior scale $\alpha=0.875$. Data analysis used simple linear regression. The results showed that only the Extraversion dimension had a significant effect on smoking behavior with an F value of 19.029 and a significance value of ($p = 0.000 < 0.05$). This means that the hypothesis is accepted. The R^2 (coefficient of determination) value of 0.114 indicates that the Extraversion dimension contributes 11.4% to smoking behavior. Furthermore, the Extraversion dimension produces an R value (correlation coefficient) of 0.338 indicating that the Extraversion dimension has a positive effect on smoking behavior significantly, the higher the Extraversion dimension, the higher the individual's smoking behavior and vice versa. While the other four dimensions (Agreeableness, Conscientiousness, Neuroticism, and Openness to Experience) do not show a significant influence on smoking behavior.

Keywords: Dimensions of Big Five Personality, Smoking Behavior, Faculty of Engineering Students.