

ABSTRAK

Suzan Triwahyu. 180541100014. Program Studi Psikologi. Pengaruh Efikasi Diri Terhadap Adversity Quotient Pada Guru Sekolah Luar Biasa (SLB). Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya. Universitas Trunojoyo Madura.2023.xviii + 82 halaman, 11 Lampiran

Penelitian ini bertujuan untuk mengetahui pengaruh efikasi diri terhadap *adversity quotient* pada guru sekolah luar biasa (SLB). Penelitian menggunakan pendekatan kuantitatif dengan teknik *non probability sampling*. Subjek dalam penelitian ini adalah guru SLB di Surabaya dengan jumlah 172 responden. Instrumen dalam penelitian ini adalah Skala Efikasi Diri dan Skala *Adversity Quotient*. Setelah melewati uji validitas dan reliabilitas, kemudian analisis yang digunakan dalam penelitian ini adalah uji regresi linier sederhana dengan bantuan program *IBM SPSS Statistic 25 For Windows*. Hasil penelitian ini menunjukkan nilai $F = 8,241$ dengan signifikansi sebesar 0,005 lebih kecil dari 0,05 ($0,005 < 0,05$). Yang artinya hipotesis diterima dengan demikian terdapat pengaruh efikasi diri terhadap *adversity quotient* pada guru sekolah luar biasa. Adapun nilai koefisien korelasi (r) pengaruh efikasi diri terhadap *adversity quotient* pada guru sekolah luar biasa (SLB) sebesar 0,215 artinya memiliki pengaruh yang rendah. Sedangkan nilai koefisien determinasi (R^2) sumbangan efektif efikasi diri terhadap *adversity quotient* sebesar 0,046 artinya efikasi diri mempengaruhi *adversity quotient* sebesar 4,6% dan sisanya dipengaruhi oleh faktor lain selain efikasi diri.

Kata Kunci : efikasi diri, *adversity quotient*, guru Sekolah Luar Biasa (SLB)

ABSTRACT

Suzan Triwahyu. 180541100014. Psychology Study Program. The Effect of Self-Efficacy on Adversity Quotient in Special School Teachers (SLB). Psychology Study Program, Faculty of Social Sciences and Cultural Sciences. Trunojoyo University Madura.2023.xviii + 82 pages, 11 attachments

This study aims to determine the effect of self-efficacy on adversity quotient in special school teachers (SLB). This research uses a quantitative approach with non probability sampling technique. The subjects in this study were SLB teachers in Surabaya with total are 172 respondents. The instruments in this study were the Self-Efficacy Scale and the Adversity Quotient Scale. After caounting the validity and reliability tests, the analysis used in this study was a simple linear regression test with the help of the IBM SPSS Statistics 25 For Windows program. The results of this study indicate that the value of $F = 8,241$ with a significance of 0.005 is less than 0.05 ($0.005 < 0.05$). Which means that the hypothesis is accepted, thus there is an effect of self-efficacy on adversity quotient in special school teachers. As for the value of the correlation coefficient (r) the effect of self-efficacy on the adversity quotient for special school teachers (SLB) is 0.215, meaning it has a low influence. While the value of the coefficient of determination (R Square) the effective contribution of self-efficacy to the adversity quotient is 0.046. Which means that self-efficacy affects the adversity quotient of 4.6% and the rest is influenced by factors other than self-efficacy.

Keywords: self-efficacy, adversity quotient, special school teachers