

Akhdaan Addurrunnafis. 180541100074. (2025) *Pengaruh Self Efficacy terhadap Music Performance Anxiety pada Musisi Mahasiswa Universitas Trunojoyo Madura*. (Skripsi) Psikologi. Fakultas Ilmu Sosial Dan Ilmu Budaya. Universitas Trunojoyo Madura.

ABSTRAK

Penelitian ini bertujuan untuk menguji pengaruh *self efficacy* terhadap *music performance anxiety* (MPA) pada musisi mahasiswa Universitas Trunojoyo Madura. Latar belakang penelitian ini didasari oleh anggapan teoritis bahwa keyakinan individu terhadap kemampuannya (*self efficacy*) dapat menurunkan tingkat kecemasan saat tampil. Metode pengambilan sampel menggunakan teknik purposive sampling dengan jumlah partisipan sebanyak 32 mahasiswa aktif yang memiliki pengalaman tampil musik di hadapan publik. Instrumen pengukuran yang digunakan adalah skala *self efficacy* dengan 24 item, namun setelah melalui uji validitas terdapat 2 item yang gugur sehingga tersisa 22 item valid, dan menunjukkan reliabilitas sebesar 0,775 yang tergolong reliabel. Sementara itu, skala MPA terdiri dari 18 item dan seluruhnya valid dengan nilai reliabilitas sebesar 0,681, yang juga tergolong reliabel. Analisis data dilakukan menggunakan uji regresi linear sederhana. Hasil analisis menunjukkan bahwa *self efficacy* tidak berpengaruh signifikan terhadap MPA, dengan arah hubungan yang bertolak belakang dari dugaan awal. Hal ini menunjukkan bahwa meskipun responden memiliki tingkat *self efficacy* yang cukup baik, hal tersebut tidak serta-merta menurunkan kecemasan saat tampil bermusik. Temuan ini mengindikasikan bahwa terdapat faktor-faktor lain di luar *self efficacy* yang mungkin lebih berperan, seperti pengalaman tampil, strategi pengelolaan emosi, dan dukungan sosial. Dengan demikian, H_0 diterima dan H_1 ditolak. Penelitian ini memberikan kontribusi dalam pemahaman bahwa *self efficacy* bukan satu-satunya penentu dalam mengatasi MPA pada konteks mahasiswa musisi.

Kata kunci: *self-efficacy, music performance anxiety, musisi mahasiswa,*

Akhdaan Addurrunnafis. 180541100074. (2025) The Influence of Self-Efficacy on Music Performance Anxiety among Student Musicians at the University of Trunojoyo Madura. (Thesis). Psychology Study Program, Faculty of Social and Cultural Sciences, University of Trunojoyo Madura.

ABSTRACT

This study aimed to examine the effect of self-efficacy on music performance anxiety (MPA) among student musicians at the University of Trunojoyo Madura. The background of this research was based on the theoretical assumption that an individual's belief in their abilities (self-efficacy) could reduce performance anxiety. The sampling method used was purposive sampling, involving 32 active students with experience performing music in public. The self-efficacy scale consisted of 24 items; however, after validity testing, 2 items were dropped, leaving 22 valid items, with a reliability coefficient of 0.775, indicating acceptable reliability. Meanwhile, the MPA scale contained 18 valid items with a reliability score of 0.681, also considered reliable. Data were analyzed using simple linear regression. The results showed that self-efficacy did not have a significant effect on MPA, with a direction opposite to the initial hypothesis. This indicated that even though respondents had a relatively good level of self-efficacy, it did not necessarily reduce their performance anxiety. These findings suggested that other factors beyond self-efficacy may play a more influential role, such as performance experience, emotional regulation strategies, and social support. Therefore, H_0 was accepted and H_1 was rejected. This study contributed to the understanding that self-efficacy is not the sole determinant in overcoming MPA in the context of student musicians.

Keywords: self-efficacy, music performance anxiety, student musicians.