

ABSTRAK

Febriyani Pratiwi Rahmad. 170541100109 . Pengaruh Resiliensi Akademik terhadap *Self Directed Learning* Mahasiswa Baru Universitas Trujoyo Madura Jurusan Eksakta dalam Pembelajaran Daring. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura. 2022.

Akibat adanya kasus pandemi covid-19 membuat kegiatan belajar mengajar di Indonesia sementara harus dilakukan secara daring. Ada beberapa dampak yang dirasakan mahasiswa dalam melaksanakan pembelajaran daring. Pembelajaran daring membuat mahasiswa memiliki ketahanan yang tinggi dalam menyelesaikan tugas akademiknya. Ketahanan ini disebut dengan resiliensi akademik. Keberhasilan belajar mahasiswa tergantung pada kesiapan mahasiswa dalam mengikuti pembelajaran daring. *Self directed learning* merupakan salah satu ciri kesiapan belajar mahasiswa dalam melaksanakan pembelajaran daring. Penelitian ini bertujuan untuk mengetahui pengaruh resiliensi akademik terhadap *self directed learning* mahasiswa baru Universitas Trunojoyo Madura jurusan eksakta dalam pembelajaran daring. Pendekatan yang digunakan adalah kuantitatif. Teknik pengumpulan menggunakan *simple random sampling* dengan sampel sebanyak 286 mahasiswa. Metode pengumpulan data menggunakan skala likert dengan dua jenis skala yaitu skala resiliensi akademik dan skala *self directed learning*. Analisis yang digunakan adalah analisis regresi non linier dengan bantuan SPSS 23. Hasilnya diperoleh nilai $F = 38,174$ dengan nilai signifikansinya sebesar 0,000. Karena nilai $0,000 < 0,05$ maka hipotesis diterima dan terdapat pengaruh resiliensi akademik terhadap *self directed learning* dalam pembelajaran daring. Nilai koefisien (r) sebesar 0,374 yang artinya antara variabel resiliensi akademik dan *self directed learning* (R^2) 0,118 atau sebesar 11,8%, nilai tersebut merupakan kontribusi yang disumbangkan variabel resiliensi akademik terhadap *self directed learning*, sedangkan sisanya sebesar 88,2% dipengaruhi oleh variabel lain.

Kata kunci : Resiliensi akademik, *self directed learning*, pembelajaran daring

ABSTRACT

Febriyani Pratiwi Rahmad. 170541100109 . The Influence of Academic Resilience on Self Directed Learning for New Students at Trujoyo Madura University, Department of Exact Science in Online Learning. Psychology Study Program, Faculty of Social and Cultural Sciences, Trunojoyo University, Madura. 2022.

Due to the COVID-19 pandemic, teaching and learning activities in Indonesia must temporarily be conducted online. There are several impacts that are felt by students in carrying out online learning. Online learning makes students have high resilience in completing their academic assignments. This resilience is called academic resilience. The success of student learning depends on the readiness of students to participate in online learning. Self-directed learning is one of the characteristics of student learning readiness in carrying out online learning. This study aims to determine the effect of academic resilience on self-directed learning for new students at Trunojoyo Madura University majoring in exact sciences in online learning. The approach used is quantitative. The collection technique used simple random sampling with a sample of 286 students. The data collection method uses a Likert scale with two types of scales, namely the academic resilience scale and the self-directed learning scale. The analysis used is non-linear regression analysis with the help of SPSS 23. The result is that the value of $F = 38,174$ with a significance value of 0.000. Because the value is $0.000 < 0.05$, the hypothesis is accepted and there is an influence of academic resilience on self-directed learning in online learning. The coefficient value (r) is 0.374, which means that between the academic resilience variable and self-directed learning (R square) 0.118 or 11.8%, this value is the contribution contributed by the academic resilience variable to self-directed learning, while the remaining 88.2% influenced by other variables.

Keywords: Academic resilience, self-directed learning, online learning