

ACADEMIC SELF-EFFICACY AMONG DIPLOMA NURSING STUDENT SIDOARJO

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ACADEMIC SELF-EFFICACY AMONG DIPLOMA NURSING STUDENT SIDOARJO

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ABSTRACT

Introduction. Self efficacy is an individual evaluation of the ability or the competence to carry out tasks, achieving a goal or overcome a challenge. In terms of the students', ability of academic self-efficacy refers to the ability of students related to academic activities. **Method.** The purpose of this study is to identify academic self-efficacy in Diploma Nursing Student Sidoarjo. Samples taken by incidental sampling amount of 75. **Result.** The results showed the average value of academic self-efficacy is 71.2, in the high category. The average academic self-efficacy of women is higher than men. According to the level of students, average students' academic self-efficacy was 64.6 2nd semester, academic self-efficacy score of 73.4 in the first half and 75.7 in the fourth semester of academic self-efficacy 6. female students on semester students 2 and 4 semesters better of men. **Discussion.** Self efficacy foster self-confidence. Confidence possessed by students makes it easy to adjust in an atmosphere filled with the pressure so he'll do a quiet activity. A student who is confident in the clinical practice activity will try to conduct a clinical skill calmly. **Conclusion.** Students with high academic self-efficacy means that Its will have a strong confidence that he would succeed in performing a particular task so that these individuals will make efforts to achieve expectations. Students who have high academic self-efficacy, the difficult task is seen as a challenge to be faced rather than as threats to be avoided.

Keyword : academic self efficacy

INTRODUCTION

Self efficacy is a person's belief that he can perform a task at a certain level, which affects the level of achievement of their duties. Confidence (Bandura, 1997) is a mental and cognitive representation of individuals of reality, which is formed by the experiences of the past and the present, and stored in memory. In the long run these beliefs affect the ways of socialization that will do as well as one's perspective on the quality of itself, good or bad. Jufri (1999) says that self-efficacy is very important in all aspects of academic life of students, particularly in the face of academic tasks. Confidence student will direct the action selection and effort and tenacity. According Partino (1999) that there is a relationship between self-efficacy with behavioral skills. Efficacy can predict how well a person cope with the emergence of the threat and how much fear experienced. Individuals can develop confidence in the efficacy of itself as a strategy to avoid the stress, as the unpleasant situation (Nawangsari, 2001).

Research conducted by Occaesar (2009) on the Influence of Self efficacy Against Stress Student Faculty of Education, University of Malang being Formulate Thesis. The results showed that the regression model has a decent ($F = 15.886$, $Sig. = 0.000$ (-0.453) x). Great closeness of the relationship $R = 0.453$. The magnitude of the effect or coefficient of determination of academic self-

efficacy to stress students who are doing thesis $R^2 = 0.0205$. Means that there is the influence of academic self-efficacy to stress the students of Faculty of Education Sciences University of Malang who is writing his thesis by 20.5%, while 79.5% were more influenced by variables or other factors that affect stress.

Research Sari (2013) on the Influence Behavior Learning, Self efficacy and Emotional Intelligence to Stress Students (Student Midwifery Studies in Citra Medika Surakarta). Conclusions of research influence student learning behavior to the stress was learning behaviors negatively affect student stress, academic self-efficacy negative effect on student stress and emotional intelligence negatively affect stress Midwifery Academy students Citra Medika Surakarta. There is influence learning behavior, self-efficacy and emotional intelligence to stress the students together ($p = .001$)

Self efficacy is the individual evaluation of the ability or the competence to carry out tasks, achieving a goal or overcome a challenge. In terms of the students' academic ability of academic self-efficacy refers to the ability of students related to academic activities. Students with high academic self-efficacy means that students will have a strong confidence that he would succeed in performing a particular task so that these individuals will make efforts to achieve expectations. In addition, students who have

high academic self-efficacy, the difficult task is seen as a challenge to be faced rather than as threats to be avoided. However, students who have low academic self-efficacy will be difficult to motivate himself and tends to run away from duty, relax their efforts or give up at an early stage hurdles encountered. This can increase the high stress on students.

RESEARCH METHODS

This study aims to identify the self-efficacy in Diploma Nursing Student Sidoarjo. As 264 of diploma Nursing Student Sidoarjo was taken, with details of the 2nd half of some 99 people, 4th semester 6th semester number 84 and number 81. Samples taken by incidental sampling a total of 90 students.

Academic self-efficacy are identified using self-efficacy scale developed by Schwarzer, R and Jerusalem, M (1995), consists of 10 items with item correlation coefficient from 0.32 to 0.74 and reliability 0.82. Answer choices each item academic self-efficacy scale by selecting answers in four categories: strongly agree, agree, disagree, disagree. Giving scoring each scale efficacy academic self to answer option is selected, the item favorabel strongly agreed were given a score of 4, agreed to a score of 3, less amenable score of 2 and disagree score of 1, otherwise the item unfavorabel strongly agree suspended 1, agree a score of 2, less 3 scores agree and disagree scored 4.

RESULTS

A sample study of 90 people and after be examined completeness of answers, which was declared as many as 75 people, with details of semester student 2 some 21 people, 7 male and 14 female, half of 4 some 32 people comprising 10 male students and 22 women and 6 half as many as 22 people, consisting of eight male and 14 female. The results showed the average value of academic self-efficacy in Diploma Nursing Student Sidoarjo by 71.2. The average academic self-efficacy of female is higher than male. According to the level of students, average students' academic self-efficacy was 64.6 2nd semester, academic self-efficacy score of 73.4 in the first half and 75.7 in the fourth semester of academic self-efficacy 6. female students on semester students 2 and 4 semesters better of male, while in the male's final semester students have the academic self-efficacy are better than

female. The details of the results of students' academic self-efficacy by half and gender as follows:

Table 1 : Academic self-efficacy

Semester	Academic self efficacy		
	Male	Female	average
2nd	61,2	67,9	64,6
4th	70,6	76,2	73,4
6th	77,4	73,9	75,7
Average	69,7	73,7	71,2

DISCUSSION

Results of research on academic self-efficacy in Diploma Nursing Student Sidoarjo obtained an average value of students' academic self-efficacy by 71.2, in the high category. Academic self-efficacy is the belief in one's ability in performing academic tasks. Students with high academic self-efficacy means that students will have a strong confidence that he would succeed in performing a particular task so that these individuals will make efforts to achieve expectations. In addition, students who have high academic self-efficacy, the difficult task is seen as a challenge to be faced rather than as threats to be avoided. Bandura (Feist, 2008) says that self-efficacy is the belief in the ability of human beings to exercise the functions of self and control over events in the neighborhood. This belief will direct the actions that have to be pursued in the face of events experienced, including in the academic activities of the students. With self-efficacy beliefs of students have to choose which activity relevant done to face lectures, exams, clinical practice. This confidence also determines the intensity of the activities to be carried out. If not able to feel confident, then the student will repeat until you feel able. If the feeling is not understood, the student will consult with the supervisor and so on. The table above shows the average self-efficacy higher semester students better than the lower half. It can also be concluded that the longer the learning process, confidence in mastery of the activity of the better college. Learning methods at the beginning of the semester more on activities in the classroom and with increases in the semester, the learning method is equipped with real practices in health care and this makes students feel more menguasahi more about nursing.

Bandura (Feist, 2008), that self-efficacy can be obtained, maintained or developed by one or a combination of four sources, namely (1) the experiences of mastery, (2) modeling of social, (3) persuasion social and (4) the conditions physical and emotional. Before students are given the opportunity to try action directly to the patient clinics, nursing students are involved in activities as an assistant in doing so. In this activity, students are not immediately recall the theory gained in lectures and see real action. Students are given the opportunity to do it alone, assisted by a clinical instructor. If the student is able to perform the procedure correctly, then the confidence will increase and so does the efficacy of himself.

Self efficacy foster self-confidence. Confidence possessed by students makes it easy to adjust in an atmosphere filled with the pressure so he'll do a quiet activity. A student who is confident in the clinical practice activity will try to conduct a clinical skill calmly. He can also run the test with confidence. Self efficacy is not the expectation of the result of the action. Similarly, the study and practice of student activity. Students emphasized to follow the process first, then think about the results. Try and error on clinical practice in hospitals more emphasized to the students, but remain guided by standard operating procedures. When the procedure operation of standart has been conducted but the results are not satisfactory, then do an evaluation. Faced by nursing students are human beings who are not the same with each other. In some conditions are met researchers, students during practice feel confused about what to do and not be afraid to try to perform an action. In this situation it takes persuasion lapangan. Seorang supervising tutors and fellow students with persuasion, advice and encouragement can mean a source of efficacy and emotional support for students. When students experience fear, anxiety overload up confused about what to do, then the social support needed.

Self-efficacy is the belief that "I can". Students with high self-efficacy will feel able to study the course material, able to perform activities well. (Santrock, 2007). Social modeling conducted by a lecturer, clinical instructor in the field of practice, the demands become competent in the practice of encouraging students to repeatedly practice

skills will improve self efficacy and reduce stress so that the majority of students clinical practice is fun. This study is also not free from limitations. Sampling was uneven and limited number of samples. This happens because when the student questionnaires are being spread practice in hospitals, health centers and nursing homes in Sidoarjo and Pasuruan with shift work morning, noon and night.

CONCLUSION AND RECOMENDATION

Conclusion

Academic self-efficacy is the belief in academic ability. Sidoarjo Nursing Diploma Students have an average academic self-efficacy is high. Self-efficacy is positively correlated with the study period, the longer the learning of students, academic self-efficacy, the better. Semester Higher taken by students, teaching methods more use of clinical practice in the college classroom. This condition can be inferred from direct experience with patients improve self-confidence and self-efficacy of students

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