

Abstrak

Tujuan penelitian ini untuk memperoleh gambaran mengenai seberapa besar kontribusi protective factors yang terdiri dari caring relationship, high expectation, dan opportunities for participation and contribution terhadap aspek-aspek dari resilience (social competence, problem solving skills, autonomy, dan sense of purpose and bright future) mahasiswa Fakultas Psikologi kurikulum berbasis KKNI di Universitas "X" Kota Bandung. Pemilihan sampel menggunakan metode purposive sampling dengan jumlah sampel sebanyak 283 orang.

Alat ukur yang digunakan adalah kuesioner protective factors dan resilience yang disusun oleh peneliti berdasarkan teori resilience dari Bonnie Benard (2004). Berdasarkan uji validitas menggunakan construct validity dan uji reliabilitas menggunakan Alpha Cronbach diperoleh 28 dan 36 item valid dan hasil reliabilitas sebesar 0.845 dan 0.709. Data hasil penelitian ini diolah dengan teknik regresi berganda. Hasil yang diperoleh adalah protective factors memiliki berkontribusi secara signifikan terhadap resilience sebesar 29,5%. Protective factors yang berkontribusi secara signifikan terhadap keempat aspek resilience adalah opportunities for participation and contribution. Protective factors yang berkontribusi secara tidak signifikan terhadap keempat aspek resilience adalah caring relationship. High expectation berkontribusi secara signifikan terhadap resilience aspek social competence, problem solving skills dan sense of purpose and bright future. High expectation berkontribusi secara tidak signifikan terhadap resilience aspek autonomy.

Berdasarkan hasil penelitian, peneliti mengajukan saran pada peneliti selanjutnya untuk melakukan penelitian tentang hubungan antara resilience dan basic needs pada mahasiswa. Peneliti juga menyarankan dosen Fakultas Psikologi Universitas "X" Kota Bandung untuk memberikan banyak kesempatan pada mahasiswa untuk berpartisipasi dalam kegiatan di kelas dan memberikan dukungan dan feedback positif selama kegiatan belajar di kelas.

Abstract

This study was conducted to gain an idea of how big the contribution of protective factors that consists of caring relationships, high expectation, and opportunities for participation and contribution to aspects of resilience (social competence, problem solving skills, autonomy, and a sense of purpose and bright futures) students of the Faculty of Psychology KKNI curriculum based at the University "X" Bandung. The sample selection using purposive sampling method with a total sample of 283 students.

The measuring instruments used were questionnaires protective and resilience factors developed by the researchers based on the theory of resilience of Bonnie Benard (2004). Based on the test of validity using the construct validity and reliability test using Cronbach Alpha gained 28 and 36 item valid and reliability of the results of 0.845 and 0.709. Data from this study treated with multiple regression techniques. The results obtained are protective factors have contributed significantly to the resilience of 29.5%. Protective factors that contribute significantly to the fourth aspect of resilience is the opportunities for participation and contribution. Protective factors that contribute insignificantly to the fourth aspect of resilience is a caring relationship. High expectation contribute significantly to the resilience aspect of social competence, problem solving skills and a sense of purpose and bright futures. High expectation not contribute significantly to the resilience aspect of autonomy.

Based on the results of the study, the researcher propose suggestions on further researchers to conduct studies on the association between resilience and basic needs to the students. Researchers also suggest lecturer at the Faculty of Psychology, University X Bandung to provide many opportunities for students to participate in classroom activities and provide support and positive feedback during the learning activities in the classroom.

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