

Abstrak

Penelitian ini bertujuan mendapatkan gambaran mengenai kontribusi dimensi *perfectionism* terhadap dimensi *fear of failure* pada mahasiswa Fakultas Psikologi Universitas “X” yang sedang mengontrak Skripsi, dengan menggunakan teknik *proportionate stratified random sampling* dengan jumlah sampel sebesar 133 mahasiswa. Penelitian ini menggunakan metode kontribusi, dalam pengambilan data menggunakan 2 kuesioner yang terdiri 30 aitem dan 45 aitem. Hasil Skor dari tiap-tiap dimensi *perfectionism* akan dikontribusikan pada tiap-tiap dimensi *fear of failure* menggunakan analisa regresi pada program SPSS versi 24.

Pengolahan data statistik menunjukkan bahwa, dimensi *Socially prescribed perfectionism* memberikan kontribusi yang signifikan terhadap semua dimensi *fear of failure*, yaitu *fear of experiencing shame and embarrassment* ($P 0,346$), *fear of devaluing one's self-estimate* ($P 0,304$), *fear of having an uncertain future* ($P 0,272$), *fear of important others losing interest* ($P 0,292$), *fear of upsetting significant others* ($P 0,291$). Dimensi *Self oriented perfectionism* memberikan kontribusi negatif pada 2 dimensi *fear of failure*, yaitu dimensi *fear of devaluing one's self-estimate* ($P -0,145$) dan dimensi *fear of having an uncertain future* ($P -0,133$). Dimensi *Others oriented perfectionism* hanya memberikan kontribusi pada dimensi *fear of experiencing shame and embarrassment* ($P 0,373$)

Hasil dari penelitian ini menyarankan penerapan standar pribadi dibandingkan penerapan standar yang dihayati merupakan tuntutan orang lain. Selain itu, untuk lebih lanjut dapat dilakukan penelitian lain terkait kontribusi *perfectionism* terhadap *fear of failure* secara umum pada mahasiswa untuk mendapat gambaran lebih utuh mengenai kedua variabel tersebut.

Kata kunci : *perfectionism*, *fear of failure*, mahasiswa

Abstract

This study aims to get an overview of the contribution of perfectionism dimensions to the dimensions of fear of failure in the University of Psychology student "X" who are contracting Thesis, using the proportionate stratified random sampling technique with a total sample of 133 students. This study uses the contribution method, in taking data using 2 questionnaires consisting of 30 items and 45 items. The score results from each dimension of perfectionism will be contributed to each dimension of fear of failure using regression analysis on the SPSS version 24 program.

The processing of statistical data shows that the dimensions of Socially prescribed perfectionism contribute significantly to all dimensions of fear of failure, namely fear of shame and embarrassment (P 0.346), fear of devaluing one's self-estimate (P 0.304), fear of having an uncertain future (P 0.272), fear of important others losing interest (P 0.292), fear of upsetting significant others (P 0.291). The self-oriented perfectionism dimension contributes negatively to the 2 dimensions of fear of failure, namely the dimensions of fear of devaluing one's self-estimate (P -0.145) and the dimensions of fear of having an uncertain future (P -0.133). The dimension of Others oriented perfectionism only contributes to the dimension of fear of experiencing shame and embarrassment (P 0,373)

The results of this study suggest the application of personal standards rather than the application of standards that are lived out to be the demands of others. In addition, other studies can be carried out further regarding the contribution of perfectionism to fear of failure in general for students to get a more complete picture of these two variables.

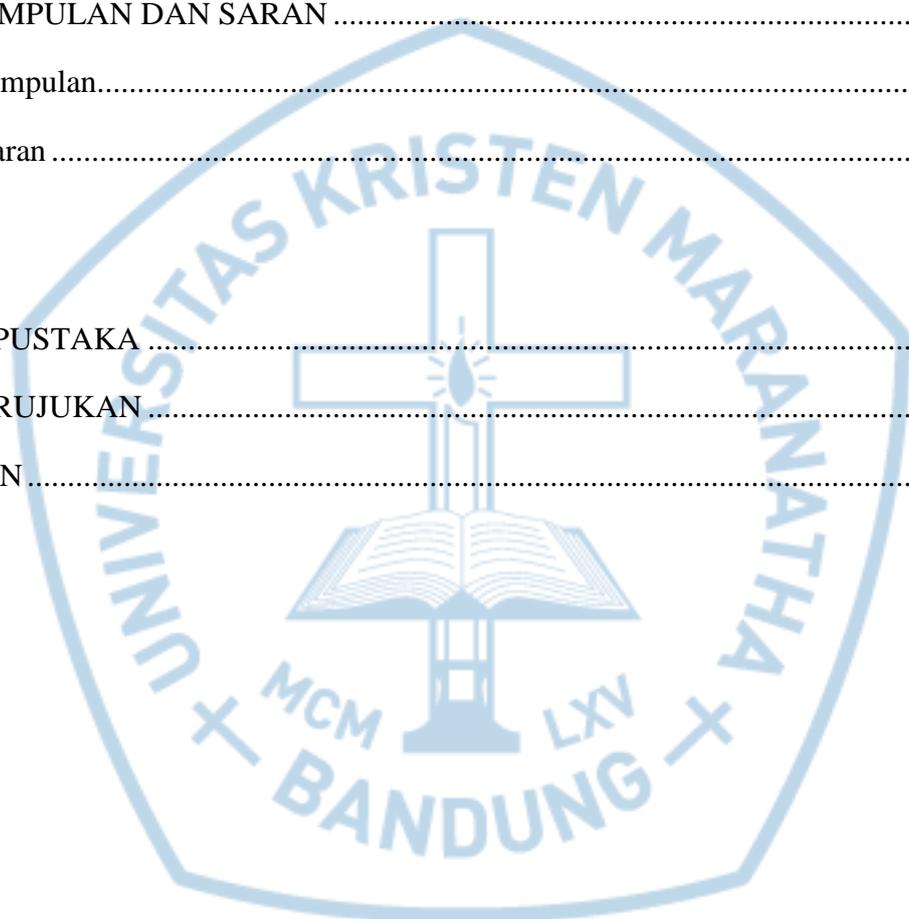
Keywords:: *perfectionism, fear of failure, student*

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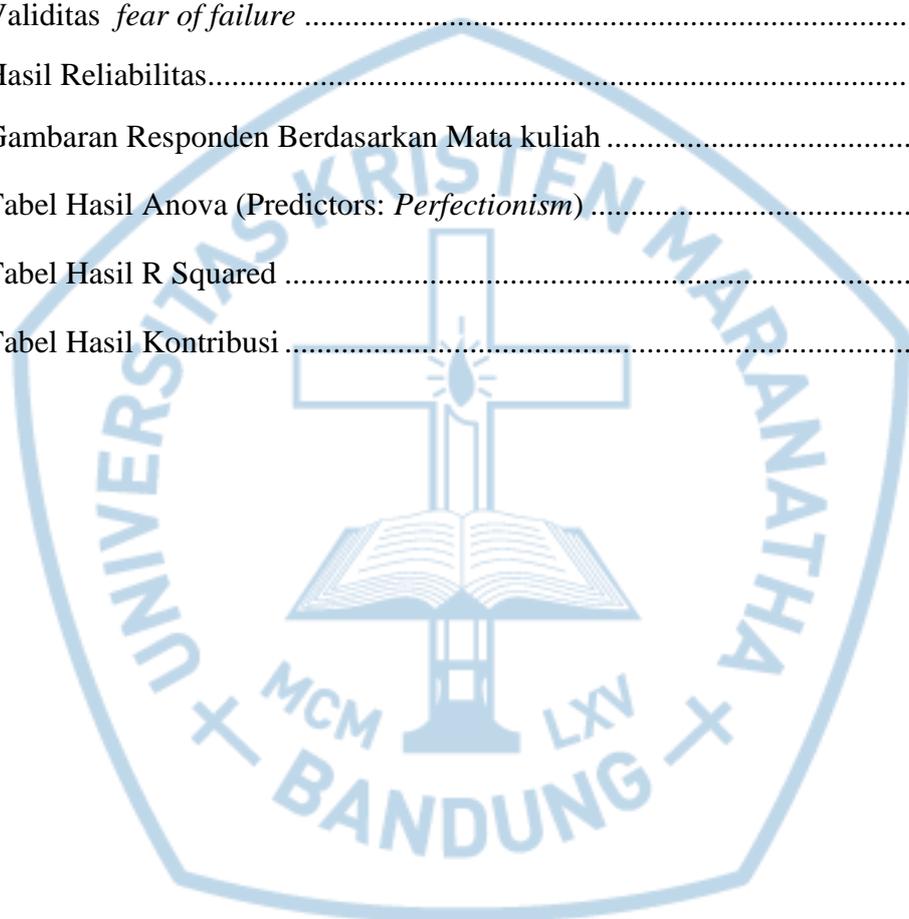
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