

ABSTRAK

Timorora Sandha Perdhana, 111314253017, *Pengaruh self regulated learning dan kecerdasan emosi terhadap kecemasan menghadapi ujian online pada mahasiswa Fakultas Psikologi Universitas Airlangga.*, Tesis, Fakultas Psikologi Universitas Airlangga Surabaya, 2015.
118 halaman, 82 lampiran.

Penelitian ini bertujuan untuk mengetahui apakah ada *Pengaruh self regulated learning dan kecerdasan emosi terhadap kecemasan menghadapi ujian online pada mahasiswa Fakultas Psikologi Universitas Airlangga.*

Penelitian dilakukan pada mahasiswa Fakultas Psikologi Universitas Airlangga dengan jumlah subjek 135 mahasiswa, meliputi mahasiswa tingkat pertama. Alat pengumpulan data berupa skala *self regulated learning* oleh Zimmerman (1989) yang memaparkan secara umum bahwa *self-regulated learning* pada individu dapat digambarkan melalui tingkatan atau derajat yang meliputi keaktifan berpartisipasi baik itu secara metakognisi, motivasional, maupun perilaku dalam proses belajar, skala kecerdasan emosi oleh Goleman (1997) menyatakan bahwa kecerdasan emosional mencakup pengendalian diri, semangat dan ketekunan, serta kemampuan untuk memotivasi diri sendiri dan skala kecemasan menghadapi ujian online menurut Zeidner (1998) kecemasan menghadapi ujian online keadaan menghadapi ujian online mengacu pada reaksi kognitif, afektif dan perilaku yang menyertai keprihatinan atas konsekuensi negatif yang konsekuensi negatif yang bergantung pada situasi ujian. Dari hasil validitas $r_{hitung} \geq r_{tabel} = 0,3610$ ($df=N-2$; $\alpha=5\%$). Uji reliabilitas skala *self regulated learning* diperoleh $r_{alpha} = 0,938$, skala kecerdasan emosi diperoleh $r_{alpha} = 0,919$, skala kecemasan menghadapi ujian *online* diperoleh $r_{alpha} = 0,909$.

Analisis data yang dilakukan dengan teknik uji regresi linier berganda. Analisis data penelitian menggunakan rumus regresi linear berganda diperoleh $R = 0,696$; $F_{hitung} = 61,910$ dengan $Sig = 0,000$ ($Sig < 0,05$) berarti ada pengaruh sangat signifikan antara *self regulated learning* dan kecerdasan emosi terhadap kecemasan menghadapi ujian *online*. Persamaan garis regresi $Y' = 93,483 - 6,31 X_1 - 3,10 X_2$.

Kata kunci : Kecemasan Menghadapi Ujian Online, *Self Regulated Learning*, Kecerdasan Emosi.

Daftar Pustaka, 73, (1989-2015)

ABSTRACT

Timorora Sandha Perdhana, 111314253017, Effect of self-regulated learning and emotional intelligence to the online test anxiety in students of the Faculty of Psychology at the University of Airlangga., Thesis, Faculty of Psychology Airlangga University Surabaya, 2015.

118 pages, 82 appendix.

This study to determine whether there Effect of self-regulated learning and emotional intelligence to anxiety facing an online test at the Faculty of Psychology Airlangga University students.

The study was conducted on students of the Faculty of Psychology Airlangga University with a number of subjects 135 students, including freshmen. Data collection tools in the form of a scale of self-regulated learning by Zimmerman (1989), which explained the general that the self-regulated learning in individuals can be described through the level or degree which covers the activity of participating either in metacognition, motivational, and behavioral in the process of learning, emotional intelligence scale by Goleman (1997) suggests that emotional intelligence include self-control, zeal and persistence, and the ability to motivate yourself and anxiety scale online exams according Zeidner (1998) state of anxiety facing an online test refers to the reaction cognitive, affective and behavioral accompanying concern over the negative consequences of negative consequences depending on the circumstances test. Rhitung validity of the results $\geq r_{tabel} = 0.3610$ ($df = N-2$; $\alpha = 5\%$). Reliability testing self-regulated learning scale obtained $r_{alpha} = 0.938$, emotional intelligence scale obtained $r_{alpha} = 0.919$, anxiety scale online test obtained $r_{alpha} = 0.909$.

Data analysis was performed with the technique of multiple linear regeresi test. Research data analysis using multiple linear regression formula obtained by $R = 0.696$; $F_{hitung} = 61.910$ with $Sig = 0,000$ ($Sig < 0.05$) means that there is a very significant influence among self-regulated learning and emotional intelligence to the online test anxiety. Regression line $Y' = 93,483 - 6,31 X_1 - 3,10 X_2$.

Keywords: Anxiety Facing Online Test, Self-Regulated Learning, Emotional Intelligence.

Bibliography, 73, (1989-2015)