

**GAMBARAN TINGKAT *SELF-RELIANCE* AKADEMIK PADA
MAHASISWA DI UNIVERSITAS BHAKTI KENCANA
BANDUNG**

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ABSTRAK

Mahasiswa kerap menghadapi tantangan seperti kesulitan mengatur waktu, menunda tugas, dan kurang percaya diri. Studi menunjukkan 76,67% mahasiswa mengalami kesulitan manajemen waktu, 63,33% kesulitan menyelesaikan tugas, dan 56,67% kurang berminat terhadap profesi yang digeluti. Kondisi ini dapat menghambat terbentuknya *self-reliance* akademik secara optimal. Penelitian ini bertujuan mengetahui gambaran tingkat *self-reliance* akademik mahasiswa Universitas Bhakti Kencana Bandung. Desain penelitian yang digunakan adalah deskriptif kuantitatif dengan pendekatan *cross-sectional*. Sampel berjumlah 357 mahasiswa aktif yang diambil dengan teknik *stratified random sampling*. Instrumen penelitian berupa kuesioner *Self-reliance Inventory* versi Bahasa Indonesia yang telah dimodifikasi serta diuji validitas dan reliabilitasnya. Data dianalisis secara univariat dan disajikan dalam distribusi frekuensi dan persentase. Hasil penelitian menunjukkan 184 mahasiswa (51,5%) memiliki *self-reliance* akademik kategori tinggi dan 173 mahasiswa (48,5%) kategori rendah. Aspek inisiatif memiliki proporsi kategori tinggi terbesar pada 227 mahasiswa (63,6%), sedangkan aspek kontrol diri dan percaya diri menjadi yang terendah, masing-masing hanya dimiliki oleh 182 mahasiswa (51%). Tingginya *self-reliance* akademik dipengaruhi oleh kemampuan inisiatif dan kemandirian mahasiswa dalam memulai tugas tanpa bergantung pada orang lain. Sebaliknya, rendahnya *self-reliance* berkaitan dengan kurangnya kontrol diri dan kepercayaan diri dalam menghadapi tantangan akademik.

Kata Kunci : Mahasiswa, *Self-reliance* Akademik

Sumber: Buku : 10 Buku
 Jurnal : 66 Jurnal
 Artikel : 8 Artikel

**OVERVIEW OF ACADEMIC SELF-RELIANCE LEVELS AMONG
STUDENTS AT BHAKTI KENCANA UNIVERSITY BANDUNG**

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ABSTRACT

Students often face challenges such as difficulties in time management, procrastination, and lack of self-confidence. Studies show that 76.67% of students experience difficulties in time management, 63.33% struggle to complete assignments, and 56.67% have low interest in their chosen profession. These conditions can hinder the optimal development of academic self-reliance. This study aims to describe the level of academic self-reliance among students at Bhakti Kencana University Bandung. The research design used is descriptive quantitative with a cross-sectional approach. The sample consisted of 357 active students selected using stratified random sampling. The research instrument was the Indonesian version of the Self-reliance Inventory questionnaire, which had been modified and tested for validity and reliability. Data were analyzed univariately and presented in frequency and percentage distributions. The results showed that 184 students (51.5%) had a high level of academic self-reliance, while 173 students (48.5%) had a low level. The initiative aspect had the highest proportion of students in the high category, with 227 students (63.6%), while the aspects of self-control and self-confidence were the lowest, each with only 182 students (51%). High academic self-reliance is influenced by students' initiative and independence in starting tasks without relying on others. Conversely, low self-reliance is related to a lack of self-control and confidence in facing academic challenges.

Keywords : *Academic self-reliance, Students*

Source : Books : 10 books

Journals : 66 journals

Articles : 8 articles