



PERAN *SELF CRITICISM* TERHADAP *ACADEMIC SELF EFFICACY* PADA MAHASISWA

Gresia Margareht Sitorus¹, Aliyaturrahmah Supriyadi²

^{1,2} Fakultas Psikologi Universitas Gadjah Mada

Abstrak. *Self criticism* merupakan jenis dari *self-talk* yang dikatakan ketika seseorang ingin mengkritik dirinya sendiri. Dalam menghadapi tantangan akademik mahasiswa melakukan *self criticism* atas ketidakmampuannya dalam menghadapi suatu hal. Penelitian ini bertujuan untuk mengeksplorasi peran *self criticism* pada *self efficacy* sebagai prediktor terhadap performa akademik pada mahasiswa. Penelitian menggunakan pendekatan kuantitatif dengan melibatkan 159 individu berusia 18-23 dengan mengisi kuesioner secara daring menggunakan instrumen *The Forms of Self-criticizing/Attacking and Self-Reassuring Scale* (FSCRS) dan *The Academic Self Efficacy* (TASES). Data dianalisis menggunakan regresi linear sederhana. Hasil dari penelitian ini menunjukkan bahwa *self criticism* berperan secara signifikan dalam mengurangi *academic self efficacy* ($R^2=5,94\%$ dan $p=0,002$). Penelitian lebih lanjut dibutuhkan untuk mengeksplorasi kemungkinan faktor lain yang memperkuat peran *self criticism* terhadap *academic self efficacy*.

Kata kunci: *self criticism, academic self efficacy, self talk*

Abstract. Self criticism is a type of self-talk that is said when someone wants to criticize themselves. In facing academic challenges, students do self criticism for their inability to deal with something. This study aims to explore the role of self criticism on self efficacy as a predictor of academic performance in college students. The study used a quantitative approach involving 159 individuals aged 18-23 by completing an online questionnaire using The Forms of Self-criticizing/Attacking and Self-Reassuring Scale (FSCRS) and The Academic Self Efficacy (TASES) instruments. Data were analyzed using simple linear regression. The results of this study showed that self criticism plays a significant role in reducing academic self efficacy ($R^2=5.94\%$ and $p=0.002$). Further research is needed to explore the possibility of other factors that strengthen the role of self criticism on academic self efficacy.

Keywords: *self criticism, academic self efficacy, self talk*