

## INTISARI

**Latar Belakang** : Pendidikan keperawatan menuntut lulusan memiliki kesiapan untuk menghadapi tantangan akademik, sosial, dan teknologi. Mahasiswa keperawatan perlu memiliki efikasi diri yang tinggi agar mampu menghadapi tuntutan belajar secara mandiri. Salah satu strategi adaptif yang berperan penting dalam mendukung keberhasilan studi adalah perilaku mencari bantuan akademik. Hingga saat ini, belum ada penelitian yang secara khusus mengkaji hubungan antara efikasi diri dan perilaku mencari bantuan akademik pada mahasiswa S1 Keperawatan tahap akademik di Universitas Gadjah Mada.

**Tujuan Penelitian** : Mengetahui hubungan antara efikasi diri dengan perilaku mencari bantuan akademik pada mahasiswa S1 Keperawatan tahap akademik di Universitas Gadjah Mada.

**Metode** : Penelitian ini menggunakan metode kuantitatif dengan pendekatan analitik korelasional dan desain *cross-sectional*. Sampel dalam penelitian ini mahasiswa S1 keperawatan tahap akademik Universitas Gadjah Mada pada Maret 2025. Pengambilan data dilakukan dengan teknik *proportionate sampling* dan *consecutive sampling*. Efikasi diri diukur menggunakan instrumen *skala Academic Self-Efficacy* dan variabel perilaku mencari bantuan akademik diukur menggunakan instrumen *skala Academic Help-Seeking Behavior*. Analisis data menggunakan uji hubungan *Spearman Rank Correlation Coefficient*.

**Hasil** : Hasil analisis univariat menunjukkan bahwa skor rata-rata efikasi diri sebesar  $139,82 \pm 13,547$ . Perilaku mencari bantuan akademik menunjukkan nilai median 88,00 (rentang 80–98). Hasil analisis bivariat menunjukkan nilai  $p = 0,000$ ;  $r = 0,57$ .

**Kesimpulan** : Terdapat hubungan positif signifikan antara efikasi diri dan perilaku mencari bantuan akademik pada mahasiswa S1 keperawatan tahap akademik Universitas Gadjah Mada.

**Kata Kunci** : Efikasi Diri, Perilaku Mencari Bantuan Akademik, Mahasiswa Keperawatan

## ABSTRACT

**Background** : Nursing education requires graduates to be prepared to face academic, social and technological challenges. Nursing students need to have high self-efficacy to be able to face the challenges of learning independently. One adaptive strategy that plays an important role in supporting study success is academic help-seeking behavior. Until now, there has been no research that specifically examines the relationship between self-efficacy and academic help-seeking behavior in undergraduate nursing students at the academic stage at Universitas Gadjah Mada.

**Objective** : To determine the relationship between self-efficacy and academic help-seeking behavior in undergraduate nursing students in the academic stage at Gadjah Mada University.

**Method** : This study used quantitative methods with a correlational analytic approach and cross-sectional design. The sample in this study was undergraduate nursing students at the academic stage of Gadjah Mada University in March 2025. Data were collected using proportionate sampling and consecutive sampling techniques. Self-efficacy was measured using the Academic Self-Efficacy scale instrument and the academic help-seeking behavior variable was measured using the Academic Help-Seeking Behavior scale instrument. Data analysis used the Spearman Rank Correlation Coefficient test.

**Result** : The results of univariate analysis showed that the mean score of self-efficacy was  $139.82 \pm 13.547$ . Academic help-seeking behavior shows a median value of 88.00 (range 80-98). The results of bivariate analysis showed a p value = 0.000;  $r = 0.57$ .

**Conclusion** : There is a significant positive relationship between self-efficacy and academic help-seeking behavior in undergraduate nursing students at the academic stage of Universitas Gadjah Mada.

**Keyword** : Self-Efficacy, Academic Help-Seeking Behavior, Nursing Students