

Peranan Self -Body Image terhadap Oral Academic Presentation Self-Efficacy pada Mahasiswa

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Abstrak.

Presentasi akademik telah menjadi aktivitas yang lumrah dalam kurikulum pendidikan tinggi, bahkan pendidikan menengah. Kemampuan ini juga merupakan salah satu kemampuan yang cukup penting untuk menunjang kesuksesan karir. Salah satu faktor yang menentukan performa dari presentasi akademik adalah efikasi diri atau secara spesifik, *oral academic presentation self-efficacy*. Adapun penelitian ini bertujuan untuk mencari tahu peranan dari dimensi-dimensi *self-body image* terhadap *oral academic presentation self-efficacy* pada mahasiswa di Indonesia. Adapun metode yang digunakan pada penelitian ini adalah survei kuantitatif dengan teknik *purposive sampling* dengan jumlah responden yang berhasil didapatkan adalah 213 mahasiswa/i. Terdapat dua skala yang digunakan dalam penelitian ini, yaitu, *self-body image scale* dan *oral academic presentation self-efficacy scale* yang mana keduanya dikembangkan oleh peneliti berdasarkan dimensi-dimensi pada skala yang digunakan di penelitian tentang *body image* dan *oral presentation*. Data yang berhasil diperoleh kemudian diolah menggunakan metode CFA untuk mengetahui validitas dan reliabilitas dari kedua skala, lalu dilaksanakan regresi linear berganda untuk mencari tahu peranan antara setiap dimensi pada *self-body image* dengan *oral academic presentation self-efficacy*. Dari hasil analisis, secara simultan, terdapat peranan *body competence*, *body inadequacy*, *internal conflict*, dan jenis kelamin terhadap *oral academic presentation self-efficacy*. Lalu, secara spesifik, terdapat peranan *body competence* terhadap *oral academic presentation self-efficacy* secara positif, lalu terdapat peranan *internal conflict* terhadap *oral academic presentation self-efficacy* secara negatif, lalu terdapat perbedaan pada *oral academic presentation self-efficacy* berdasarkan jenis kelamin dengan skor pada perempuan cenderung lebih rendah. Adapun untuk *body inadequacy*, tidak terdapat peranan yang signifikan terhadap *oral academic presentation self-efficacy*. Hasil dari penelitian ini berkontribusi terhadap teori terkait *self-body image* dan *oral academic presentation self-efficacy*. Secara praktis, hasil penelitian ini dapat berkontribusi dalam penyusunan modul pelatihan presentasi akademik dan dapat menjadi dasar dalam penyusunan kebijakan di universitas.

Kata Kunci: self-body image, oral academic presentation self-efficacy, efikasi diri.

The Role of Body Image in Academic Oral Presentation Self-Efficacy among University Students

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Abstract.

Academic presentations have become a commonplace activity in both higher and secondary education curricula. This skill is also crucial for supporting career success. One of the factors determining academic presentation performance is self-efficacy, specifically, oral academic presentation self-efficacy. This study aims to investigate the role of self-body image dimensions on oral academic presentation self-efficacy among undergraduate students in Indonesia. The method employed in this study was a quantitative survey using a purposive sampling technique, which successfully gathered 213 undergraduate respondents. Two scales were utilized in this study: the Self-Body Image Scale and the Oral Academic Presentation Self-Efficacy Scale, both developed by the researcher based on the dimensions of scales used in previous research on body image and oral presentations. The collected data were then analyzed using Confirmatory Factor Analysis (CFA) to establish the validity and reliability of both scales, followed by multiple linear regression analysis to determine the role of each self-body image dimension on oral academic presentation self-efficacy. The analysis results revealed that, simultaneously, body competence, body inadequacy, internal conflict, and biological sex play a significant role in oral academic presentation self-efficacy. Specifically, body competence positively predicts oral academic presentation self-efficacy, whereas internal conflict negatively predicts it. Furthermore, a significant difference in oral academic presentation self-efficacy was found based on biological sex, with females tending to score lower. As for body inadequacy, it does not show a significant role in predicting oral academic presentation self-efficacy. The findings of this study contribute to the theoretical frameworks surrounding self-body image and oral academic presentation self-efficacy. Practically, these results can contribute to the development of academic presentation training modules and serve as a baseline for formulating university policies.

Keyword: self-body image, oral academic presentation self-efficacy, self-efficacy