

## HUBUNGAN *SENSATION SEEKING* DENGAN *SELF-ESTEEM* PADA MAHASISWA PENDAKI GUNUNG UNIVERSITAS GADJAH MADA

Dita Novita Sari

Fakultas Psikologi, Universitas Gadjah Mada

### ABSTRAK

Peningkatan angka pendakian gunung di Indonesia mendasari tujuan penelitian yang ingin mengetahui hubungan variabel kepribadian, yaitu *self-esteem* dan *sensation seeking* pada kegiatan ini. Dua variabel tersebut merupakan variabel yang lekat hubungannya dengan kaum muda, salah satunya mahasiswa. Hipotesis yang diajukan adalah adanya hubungan positif antara *self-esteem* dan *sensation seeking* pada mahasiswa pendaki gunung. Subjek dalam penelitian ini adalah 167 mahasiswa Universitas Gadjah Mada berusia 17 sampai 24 tahun yang telah melakukan pendakian gunung maksimal tiga kali. Variabel dihitung menggunakan skala *Self-Liking and Competence Scale-Revision* (SLCS-R) milik Tafarodi dan Swann (2001) dan *Sensation Seeking Scale* (SSS) milik Zuckerman (1978). Data dianalisis menggunakan teknik korelasi *Product Moment* milik Pearson. Hasil penelitian menunjukkan tidak adanya hubungan signifikan antara *self-esteem* dan *sensation seeking* pada mahasiswa pendaki gunung Universitas Gadjah Mada ( $r_{xy} = 0,005$  dengan  $p = 0,948$  ( $p > 0,05$ )).

**Kata kunci:** *self-esteem*, *sensation seeking*, pendakian gunung

***THE RELATIONSHIP BETWEEN SENSATION SEEKING AND SELF-ESTEEM ON COLLEGE STUDENT MOUNTAINEERS IN GADJAH MADA UNIVERSITY***

Dita Novita Sari

Faculty of Psychology, Universitas Gadjah Mada

***ABSTRACT***

*An increased mountaineering rate in Indonesia has encouraged the importance of discussing about personality in mountaineers, especially self-esteem and sensation seeking. Those are the two popular variabels that scientifically proven has correlation with mountaineering in youth. This study aim to find out the relationship between self-esteem and sensation seeking in beginner mountaineers. Research subjects were college students between 17-24 years old and had climbed the mountain maximal 3 times. Survey using scale based on Self-Liking and Competence Scale-Revision (SLCS-R) by Tafarodi and Swann (2001) and Sensation Seeking Scale (SSS) by Zuckerman (1978). The data analyzed using Product Moment correlation by Pearson. The result showed that there was no significant correlation between self-esteem and sensation seeking in college student mountaineers in Gadjah Mada University ( $r_{xy}=0.005$  and  $p=0.948$  ( $p>0.05$ )).*

***Keywords:*** *self-esteem, sensation seeking, mountaineering.*