

Hubungan antara Kepribadian dan Tingkat Kecemasan pada Mahasiswa

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Abstract. Since Covid-19 was declared as a pandemic in 2020, many policies have been taken by the government to reduce the impact of the pandemic. One of the government's policies was to transfer conventional learning activities to distance learning activities. This turned out to give rise to various negative effects including anxiety. This study aims to empirically examine the relationship between the Big Five personality traits and student anxiety during distance learning activities. Using the 7-item anxiety scale (GAD-7) to measure the anxiety variable and the Ten-Item Personality Inventory (TIPI) to measure the Big Five personality traits, 314 respondent's data (N=314) were analyzed using correlation and regression test to determine the relationship between variables. It was found that anxiety associated with extraversion ($r_s = -0.122$, $p = 0.031$, $N = 314$), agreeableness ($r_s = -0.111$, $p = 0.05$, $N = 314$), conscientiousness ($r_s = -0.132$, $p = 0.019$, $N = 314$), and emotional stability ($r_s = -0.373$, $p = 0$, $N = 314$), while openness had no association with anxiety ($r_s = 0.054$, $p = 0.344$, $N = 314$). Furthermore, the Big Five personality traits as a whole have a contribution of 21.7% in predicting anxiety while gender only moderates the role of agreeableness on anxiety. The results were discussed.

Keywords: anxiety, Big Five personality traits, college student, distance learning activities

Abstrak. Sejak Covid-19 ditetapkan sebagai pandemi pada tahun 2020 lalu, banyak kebijakan yang telah diambil pemerintah untuk mengurangi dampak pandemi. Salah satu kebijakan pemerintah untuk mengurangi dampak Covid-19 adalah pengalihan dari kegiatan belajar mengajar konvensional menjadi kegiatan belajar mengajar jarak jauh. Hal tersebut ternyata memunculkan berbagai dampak negatif diantaranya kecemasan. Penelitian ini bertujuan untuk menguji secara empiris hubungan antara *Big Five personality traits* dan kecemasan mahasiswa di masa kegiatan belajar mengajar jarak jauh. Dengan menggunakan *7-item anxiety scale* (GAD-7) untuk mengukur variabel kecemasan dan *Ten-Item Personality Inventory* (TIPI) untuk mengukur *Big Five personality traits*, 314 data responden (N=314) dianalisis menggunakan uji korelasi dan regresi untuk mengetahui hubungan antar variabel. Didapatkan bahwa kecemasan memiliki hubungan dengan *extraversion* ($r_s = -0,122$, $p = 0,031$, $N = 314$), *agreeableness* ($r_s = -0,111$, $p = 0,05$, $N = 314$), *conscientiousness* ($r_s = -0,132$, $p = 0,019$, $N = 314$), dan *emotional stability* ($r_s = -0,373$, $p = 0$, $N = 314$), sedangkan *openness* tidak memiliki hubungan dengan kecemasan ($r_s = 0,054$, $p = 0,344$, $N = 314$). Selanjutnya, *Big Five personality traits* secara keseluruhan memiliki sumbangan sebesar 21,7% dalam memprediksi kecemasan sedangkan jenis kelamin hanya memoderasi peranan *agreeableness* terhadap kecemasan. Hasil dibahas dalam penelitian.

Kata kunci: kecemasan, kepribadian *Big Five*, mahasiswa, kegiatan belajar mengajar jarak jauh