

INTISARI

HUBUNGAN ANTARA KEPERCAYAAN DIRI DAN PERSEPSI TERHADAP KECEMASAN TENTANG DUNIA KERJA PADA MAHASISWA PROGRAM STUDI NERS DI UNIVERSITAS SAHID SURAKARTA

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Latar Belakang: Kecemasan dikaitkan dengan adanya persepsi dan interpretasi negatif seseorang terhadap informasi tertentu. Perubahan kondisi mahasiswa juga menjadi salah satu faktor pencetus kecemasan dan depresi pada mahasiswa. Persepsi seseorang terhadap orang lain terbentuk dari hasil pengamatan terhadap perilaku orang tersebut, dan cara seseorang berperilaku merupakan hasil dari bagaimana ia mempersepsikan suatu keadaan.

Tujuan: Untuk mengetahui hubungan antara kepercayaan diri dan persepsi terhadap kecemasan tentang dunia kerja pada mahasiswa program studi ners di Universitas Sahid Surakarta.

Metode: Jenis penelitian ini adalah deskriptif korelatif dengan pendekatan *cross Sectional*. Penelitian ini dilakukan pada 5 November – 8 Desember 2017 di Universitas Sahid Surakarta. Populasi penelitian ini adalah seluruh mahasiswa profesi ners angkatan tahun 2017 yang belum bekerja di Universitas Sahid Surakarta yang berjumlah 54 orang. Teknik pengambilan sampel yaitu *total Sampling*. Diperoleh sampel sebanyak 54 responden. Teknik pengumpulan data menggunakan kuesioner. Teknik analisis yang digunakan *chi square*.

Hasil: 1) Mahasiswa profesi ners di Universitas Sahid Surakarta sebagian besar mempunyai kepercayaan diri yang cukup sebanyak 32 responden (59%); 2) Persepsi pada mahasiswa profesi ners sebagian besar mempunyai persepsi yang positif sebanyak 43 responden (79,6%); 3) Kecemasan pada mahasiswa profesi ners sebagian besar mempunyai kecemasan kategori ringan sebanyak 21 responden (39%); 4) Tidak ada hubungan antara kepercayaan diri terhadap kecemasan menghadapi dunia kerja pada mahasiswa program studi ners dengan *p value* 0,315 > 0,05; 5) tidak ada hubungan antara persepsi terhadap kecemasan menghadapi dunia kerja pada mahasiswa profesi ners dengan *p value* 0,685 > 0,05.

Kesimpulan: Tidak ada hubungan antara kepercayaan diri dan persepsi terhadap kecemasan menghadapi dunia kerja pada mahasiswa program studi ners di Universitas Sahid Surakarta dengan *p value* 0,313.

Kata kunci : Kepercayaan diri, Persepsi, Kecemasan

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ABSTRACT

THE RELATIONSHIP BETWEEN SELF CONFIDENCE AND PERCEPTION TOWARD ANXIETY OF WORK ENVIRONMENT ON THE COLLEGE STUDENTS TAKING NERS MAJOR AT SAHID UNIVERSITY OF SURAKARTA

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Background: Anxiety was related by perception and negative interpretation of specific information. The change in the condition of the student became one of anxiety and depression's trigger for them. A perception about the other one was built from the observation result of their behavior, and the way to behave was a final result how they could understand condition.

Purpose: for identifying the relationship between self confidence and perception toward

anxiety of work environment on the students taking Ners major at Sahid University of Surakarta

Method: This researched was a correlative descriptive with cross sectional approach. This researched held in 5 November 2017 until 8 December 2017 at Sahid University of Surakarta. The population was all of the students taking NERS major period 2017 who had not being working at Sahid University of Surakarta, it was 54 respondents. The sampling technique used total sampling. The researched obtained 54 respondents. The data collecting method used questioner. Data analysis used chi square

Result: 1) The college students of Ners at Sahid University of Surakarta who had sufficient self confidence were 32 respondents (59%); 2) The students of Ners's perception had a positive perception as much as 43 respondents (79,6%); 3) Anxiety of the college students of Ners had a light anxiety as many as 21 respondents (39%); 4) There was no relationship between self confidence toward anxiety of the college students for facing the work environment was obtained p-value $0,315 > 0,05$; 5) There was no relationship between perception towards anxiety to face the work environment of the students taking Ners got p-value $0,685 > 0,05$.

Conclusion: There were no relationship between self confidence and perception toward anxiety facing the work environment on students of Ners major at Sahid University of Surakarta where p-value was 0,313.

Keywords: Self confidence, Perception, Anxiety

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