



Self efficacy with student decision making

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ARTICLE INFO

Keywords:

Keywords:
Decision-making;
Self Efficacy;
Student.

Article history:

Received Oct. 15, 2023;
Revised November 19, 2023;
Accepted Dec. 26, 2023;
Online Jan 30, 2023.

ABSTRACT

This thesis discusses "Self efficacy with decision making of students of the Islamic Psychology Study Program at UIN Raden Fatah Palembang Class of 2017". The research subjects totaled 106 students of class 2017 majoring in Islamic Psychology, Faculty of Psychology UIN Raden Fatah Palembang. the data collection method used is a psychological scale using a Likert scale, namely the self-efficacy scale with a decision-making scale. The Self-efficacy scale consists of 40 items (0.898) while the decision-making scale consists of 35 items (0.920). The data analysis method used to test the hypothesis is Product Moment analysis. All calculations were performed with the help of the SPSS (Statistical Program for Social Scient) version 20 for windows. Based on the results of statistical calculations that have been carried out, it shows that there is a significant relationship between self-efficacy and decision making for students of the Islamic Psychology study program at UIN Raden Fatah Palembang class of 2017. The results of this study are evidenced by the correlation coefficient value which shows the number 0.562 with a sig. 0.000 where $p < 0.01$, so from these results it can be seen that there is a very significant relationship between self-efficacy and decision making in students of the Islamic Psychology study program at UIN Raden Fatah Palembang class of 2017.

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Introduction

Human life is a life that is always filled with decision-making events. We can say "not a day without a decision". There is an assumption that all his actions are a reflection of the results of the decision-making process in his mind, so that in fact humans are very used to making decisions. Humans are decision-making creatures, determinants of a choice from several choices.

New students are the status that students wear in their first year of college. Entering the world of college is a big change in one's life, new students who are in the process of self-exploration so that they will experience changes related to life plans, these changes can influence the decisions they have chosen (Santrock 2006). New students are in the age range of 18-25 years, where students are classified as in the late adolescent developmental stage towards early adulthood. Adolescence is a time when a

person is faced with situations that involve more decisions about which one to choose, who to ask for a date, whether to have sex, buy a car, go to college, and so on.

Traits of a positive self in the future (succeeded in getting into a good university, admired by people, have a successful career). Can lead adolescents to a positive state in the future, while negative self-traits in the future (being unemployed, lonely, failing to get into a good university) can be identified as things to be avoided in the future. When individuals reach that age they will be dealing with the change from a teenager to an adult who has different demands from the previous stage. They belong to an age range that is vulnerable to change. Basically new students are individuals who are considered to be growing up and are considered capable of making decisions and being responsible for their own educational future.

Based on a survey conducted by UCLA which involved more than 300,000 new students from more than 500 colleges and universities (Astin, Green, & Korn, 1987), it was found that currently new college students seem to experience more stress and depression than college students in earlier times. In 1987, 8.7 percent of freshmen often experienced depression; in 1988, that percentage had increased to 10.5 percent. The fear of failure in a success-oriented world is a frequent reason for stress and depression. Pressure to succeed in college, get a good job (Santrock, 2003:264).

According to Santrock (2011: 425) determining the continuation of study for high school graduates is not an easy matter. Difficulties, confusion and fear can be felt and burdened when having to choose and decide on majors in tertiary institutions. According to Stenberg (2003: 3-4) problem solving can be done by recognizing and identifying a problem, defining and concluding the problem, developing a solution strategy. problem solving, linking knowledge in problem solving, linking mental and physical resources for solving a problem, monitoring progress in achieving goals, and evaluating solutions and problem solving in their correctness.

Based on a journal survey conducted by Meirina students, many students are confused about choosing a major. Lack of information about majors and jobs that will be faced by someone when they graduate adds to the worry in making this decision. The pressure you feel can affect various aspects of your daily life. The way an individual makes decisions will affect his future career (Fahmi, 2015: 731). In a study of undergraduate students in the United States, the Carnegie Foundation for the advancement of teaching suggested that there was a disconnect between state senior high schools and institutions of higher education.

Many senior high school seniors choose college with a blind eye. When they enter college, they become dissatisfied with their choices so they decide to move to college or drop out of college which is sometimes caused by the wrong reasons (Santrock, 2003: 264). There are so many people who don't have a sense of urgency (urgency) about their academic problems, want good grades and go to college, but don't make serious preparations, don't have regular study habits (Johana, 2012:77). Therefore there must be a clear basis for making a decision in choosing a major, so that in choosing a major it is caused by the right and proper reasons so that a wrong direction does not occur.

According to Liem and Fahmi in their research entitled *The Effect of Reference Groups and Self-Efficacy on Decision Making in Choosing a Medicine Major for class XII IPA SMA N 1 Samarinda*, it was stated that of the 50 students interviewed, 50 percent of respondents admitted that they had chosen the wrong major at university. Winkel (2005:35) explains that a mistake in choosing a study program at the level of secondary education and higher education can have fatal consequences for a person's life. Some of the impacts on students as an implication of this behavior are low motivation which leads to academic achievement and low national competitiveness among other nations in the world.

Based on the explanation above, researchers saw this phenomenon in the field among UIN Raden Fatah Palembang students on July 29 2017. There were several students who felt wrong in making decisions in terms of choosing the Islamic Psychology major at UIN Raden Fatah Palembang. This of course can have a negative impact on students whose implications for this behavior are Drop Out (DO), Stop Out (SO), resign, change majors and low grades. The statement above is reinforced by the

recognition of a student of the Islamic Psychology Study Program initial IN class of 2010 who was dropped out saying, "I feel I am no longer able to complete my final college assignment on time for the 7 year limit and indeed there is no intention to finish it,

In addition, a student of the Islamic Psychology Study Program with the initials AF batch of 2013 once took a Stop Out saying, "After I went through I was not interested in taking a major in Psychology, I have tried two semesters in the department but still feel that I do not belong in Psychology, I chose to refresh first, instead of being a burden on my mind until I change my mind to continue again because I think that if I want to stop, it's already my responsibility." Furthermore, a student of the Islamic Psychology Study Program with the initials YE class of 2012 who moved to another major, said, "Initially I was interested in wanting to enter mining but after finishing high school I continued studying and majored in Psychology with the excuse that in the first year I should not skip college, next year I will take part in test in mining engineering and alhamdulillah I passed it".

It can be concluded from interviews with three informants that they reasoned Drop Out (DO), namely not being able to complete their thesis in a timely manner due to busyness, Students who took Stop Out (SO) on the grounds that they felt they were in the wrong major, entered the wrong University, and students who moved to another major because his initial interest was not in Psychology so he only majored in Psychology as his second choice. Most drop out cases have been handled by Ina Liem, an education observer was in the wrong major, not because parents ordered, many also because of their own initiative, there are also students who take the wrong university, the major is right, choosing a university is based solely on ranking, which is orientation is more to research or research. While this child wants more practice than theory. As a result, students have confusion, lack of motivation, often skip lectures, do not do their coursework, and even these students tend to have a bleak future.

According to Bandura 1977 (Hussein Fattah 54-55) Beliefs about self-efficacy have a significant impact on goals and achievement by influencing personal choices, motivation, and patterns and emotional reactions. In other words, from the start it can be seen that self-efficacy directly influences the choice of behavior (for example, decisions are made based on how self-efficacy a person feels about choices, for example job assignments or career fields). (Fred, 2006: 340). This is in accordance with the opinion of Atmosudirdjo (1990: 16) which states that in dealing with decision-making problems, a person must know himself, then only he can determine the place, condition and situation where he is and must think to then end his thought process and make a decision. .

It is generally known that decision making is a conscious and calculated effort made by someone to overcome a problematic situation. It has also been understood that one of the main goals and benefits of decision making is solving problems. The experience of many people shows that even the most mature decision-making still carries the risk of inaccuracy or failure, meaning that no matter how mature the steps in the decision-making process are taken, starting from identifying problems, collecting and processing information, identifying various possible alternatives. taken and the analysis, choosing the alternative that is considered the most appropriate, but there is no absolute guarantee that the decision taken is the most appropriate decision (Sondang, 2010: 112). So,

Decision making in choosing majors is generally associated with problems and objectives. The goals to be achieved by a person make a person make a plan in every decision he makes. Achievement of goals is a concept associated with the future, goals to be achieved by someone is something that will be achieved and fought for. Individuals who have high self-efficacy, then he will experience success in carrying out an action because it returns to his belief that he is capable of doing that. In contrast to those who do not have high self-efficacy, this means that they are the same as dealing with failure because all they have in mind is the feeling of failure. That way self-efficacy plays an important role in supporting one's self-confidence, this makes the individual feel, think and behave and have a sense that he is able to control his social environment. Self efficacy refers to the consideration of how much one believes about his ability to carry out a number of learning activities and his ability to complete learning tasks.

method

This type of research is correlational, namely research that aims to determine the closeness of the relationship between the variables studied without intervening with variations in the variables concerned. Partial control is limited to statistical control in the analysis so that it is possible to see the relationship between the two variables. This study uses a type of quantitative research. Where theoretically quantitative research emphasizes its analysis on numerical data (numbers) processed by statistical methods. The population is a generalized area consisting of subjects or objects with certain qualities and characteristics determined by researchers to be studied and then conclusions drawn (Sugiyono, 2013:80). Population can be in the form of subjects or research objects. The population can be humans, plants, animals, products, even documents. So, population is not only people, but also objects and other natural objects. The sample is part of the population, meaning that the number of residents is less than the total population. The sample is part of the number and characteristics possessed by the population. The sampling technique used is saturated sampling. Data collection methods in research activities have the aim of uncovering facts about the variables studied. The goal of knowing the goal of knowing must be achieved by using methods or ways that are efficient and accurate. The method used to measure self-efficacy and decision-making in choosing majors for students is a measurement tool in the form of a scale made by the researchers themselves and some have been modified from previous studies. The scale used is the Likert model attitude scale pattern, the attitude scale is arranged to reveal the pro and con, positive and negative, agree and disagree attitudes towards a social object. The attitude scale statement is divided into two types, namely favorable (supporting or in favor of the attitude object) and unfavorable (not supporting the attitude object). The data analysis method used is based on the results obtained from the two measuring instruments in the form of numbers which are quantitative data. The data analysis method that I used in this study was pearson product moment.

Results And Discussions

Research results

Test the Validity of Items and Test the Reliability of the Self-efficacy Scale and Decision Making in Compiling Thesis

The selection of items on the Self-efficacy scale and decision-making scale in this study used the Corrected Item Total Correlation technique found in the SPSS program. So that the results are obtained from the correlation between each item with the total item score, so that it is classified into valid items and invalid items. The critical limit used is 0.30. If the item has a differentiability index greater than 0.30, the item is declared valid, while if the item is less than 0.30, the item is declared invalid.

After testing the validity of the Self-efficacy scale using the corrected item total correlation, 40 valid items were obtained. Valid items range from 0.300 to 0.549. While on the item criteria the researcher took a critical limit of 0.30. Furthermore, items that are above 0.30 are tested again. Below is a table in which there are items that have been classified into valid items and invalid items.

Table 1 Blueprint of the Self-Efficacy Scale of the Try Out

NO	Dimensions	Indicator	Favorable	Unfavorable	Total
1	Magnitude	Degree of difficulty task Which faced by individuals	1*,7*,13*,19*, ,25,31,37*,43, 49*	4,10*,16, 22*,28,34, 40,46	17
2	Gesnerality	Level breadth task to be make individual feel confident in ability	2*,8,14,20,26, 32, 38,44,50	5,11*,17,23, 29,35,41,47	17
3	Strength	Level breadth individual against ability	3,9,15,21, 27,33,39,45	6,12,18,24, 30,36,42,48	16

		Amount	25	25	50
<p>Then there are 40 items above 0.30, while for items below 0.30 there are 10 items. The range below 0.30 obtained ranges from 0.013 to 0.295. After the dropped items were removed, the distribution of the items on the Self-efficacy scale changed to as shown in the following table,</p>					
Table 2 Blueprint of Self Efficacy Scale After Trial (For Research)					
NO	Dimensions	Indicator	Favorable	Favorable	Total
1	Magnitude	Level difficulty task at hand individual	25(1),31(7),43(13)	4(4),16(10),28(16),34(21),40(26),46(31)	17
2	Gesnerality	Level breadth task Which will make individual feel confident in ability	8(2),14(8),20(14),26(19),32(24),38(29),44(34),50(38)	5(5),17(11),23(17),29(22),35(27),41(32),47(36)	17
3	Strength	Level breadth individual to ability	3(3),9(9),15(15),21(20),27(25),33(30),39(35),45(39)	6(6),12(12),18(18),24(23),30(28),36(33),42(37),48(40)	16
		Amount	25	25	50

The reliability test results obtained from the Self efficacy scale trial showed Cronbach's Alpha of 0.895 before the item was issued, but after the item was issued, Cronbach's Alpha changed to 0.898. Thus the Self efficacy scale can be said to be reliable.

After testing the validity of the decision-making scale using the corrected item total correlation, 35 valid items were obtained, the valid items ranged from 0.301 to 0.671. After testing the validity of the decision-making scale using the corrected item total correlation, 35 valid items were obtained, the valid items ranged from 0.301 to 0.671. Meanwhile, on the item criteria, the researcher took a critical limit of 0.30. Furthermore, items that are above 0.30 are tested again. Below is a table in which there are items that have been classified into valid items and invalid items.

Table 3 Categorization of Decision Scale Scores			
Score	Category	N	Percentage
$x > 120,152$	Tall	19	18%
$92,348 \leq x < 120,152$	Currently	70	66%
$X < 92,348$	Low	17	16%
Total		106	100.0%

Based on the table above, it is known that of the 106 students majoring in Islamic Psychology at UIN Raden Fatah Palembang who were used as research samples, there were 19 or 18% of people who had high decision making, 70 or 66% of people who had moderate decision making, and 17 or 16% of people who have low decision making. Of the three categorizations, it can be concluded that those who occupy the highest number of categorizations, namely in the moderate category, amounting to 70 or 66% of people, someone who has a decision making in the moderate category can be said to be sufficient, meaning that one can determine what is good and what is not.

The normality test and linearity test are prerequisites before carrying out the product moment analysis test with the intention that the conclusions drawn do not deviate from the truth that should be obtained. The normality test was carried out to determine the normality of the distribution of research

data, that is, if the significant level is more than 0.05 ($p > 0.05$), it means that the data is normally distributed. Conversely, if the significant level is less than 0.05 ($p < 0.05$), then the data is not normally distributed.

This linearity test was carried out on both variables using bivariate person correlation, which is to see the relationship between the two variables with the type of interval/ratio scale (scale) and normally distributed data. The variables to be tested are self-efficacy and decision-making variables. The test rule used is "if $p < 0.05$, then the relationship between the independent variable (X) and the dependent variable (Y) is declared linear. Conversely, if $p > 0.05$, then the relationship between the independent variable (X) and the dependent variable (Y) is declared non-linear". Testing the hypothesis of this type of research is intended to test whether there is a relationship between variable X (Self Efficacy) and variable Y (Decision Making).

Discussion

After the product moment analysis was carried out, it was used to determine the relationship between the two research variables, namely self-efficacy and decision making in the Islamic Psychology department of UIN Raden Fatah Palembang. Based on the results of statistical calculations that have been carried out, it shows that it has a significant relationship, self-efficacy with decision making majoring in Islamic Psychology UIN Raden Fatah Palembang. The results of this study are evidenced by the value of the correlation coefficient which shows the number 0.562 with a sig. 0.000 where $p < 0.01$, so from these results it can be seen that there is a very significant relationship between self-efficacy and decision making in students majoring in Islamic Psychology at UIN Raden Fatah Palembang.

Based on the table above, it is known that of the 106 students majoring in Islamic Psychology at UIN Raden Fatah Palembang who were used as research samples, there were 17 or 16% of people who had high self-efficacy, 73 or 69% of people who had moderate self-efficacy, and 16 or 15% of people who have low self-efficacy. Of the three categorizations, it can be concluded that the category with the most number is in the medium category, amounting to 73 or 69% of people, someone who has self-efficacy in the medium category can be said to be quite good, which means that he belongs to good self-efficacy.

Based on the table above, it is known that of the 19 or 18% of people who have high decision making, 70 or 66% of people have moderate decision making, and 17 or 16% of people who have low decision making. 106 students majoring in Islamic Psychology at UIN Raden Fatah Palembang who were used as research samples. Of the three categorizations, it can be concluded that the categorization with the highest number is in the medium category, amounting to 70 or 66% of people, someone who has decision making in the medium category can be said sufficient, meaning that one can determine what is good and what is not. From this explanation it can be concluded that Islamic Psychology students at UIN Raden Fatah Palembang,

Self-efficacy determines whether we will show certain behaviors, how strong we can survive in the face of difficulties or failures, and how success or failure in a particular task affects our behavior in the future (Bandura, 2000: 283). It was also added that according to Kotler et al (2002: 88-93) the individual decision-making process is influenced by several factors including cultural factors, social factors, personal factors and psychological factors, one of which is psychological factors which include confidence in a person's ability to make major decisions. psychology. Wolfe and Betz (2004: 369) also stated that in selecting a decision from all available alternative choices, there are also factors within the individual, namely self-efficacy regarding the abilities possessed. So,

Individuals are required to make decisions they must have confidence in this case Self-efficacy, that what is decided later is the final decision which is the most appropriate decision among other decision alternatives. Sometimes people become unsure of what to decide because they do not have confidence that they are able to determine the decisions to be taken, but the situation will be different

if they have high confidence in their abilities, then all decisions will be easily taken without must imitate the decisions made by others.

There are three reasons students choose majors. Own desire, situational, other people's factors: parents, friends, etc. Students with high self-efficacy usually have their own desires in choosing majors. There is a desire to deepen knowledge in the major they take and be able to complete assignments well. So that their GPA results are good, active during discussions in class, able to communicate actively with the surrounding environment and find out about the knowledge being studied. Usually many things influence decision making both internally and externally. One of the internal factors in making a decision is self-efficacy (Siagin, 1988). Self-efficacy is a person's belief in his own ability to organize and decide certain actions (Bandura,

Self efficacy is very important for someone to have. Because having confidence in one's abilities will also influence one's performance in achieving success. (Ormrod, 2008) states that a person's feelings of self-efficacy influence their choice of activities, their goals, and their efforts and achievements in these activities. Self efficacy is a person's evaluation of his ability or competence to perform a task, achieve a goal, and overcome an obstacle. Bandura and Wood (Baron et al 1991) explained that self-efficacy refers to beliefs in an individual's ability to drive motivation, cognitive abilities, and actions needed to meet the demands of the situation).

A person's Self Efficacy determines how much effort is expended and how much the individual survives in the face of obstacles and painful experiences. The stronger the self-efficacy, the more active and diligent the efforts or give up altogether. Meanwhile, those who have strong self-efficacy use greater effort to overcome obstacles. Based on the explanation above, self-efficacy can affect the formation of a person's behavior in determining actions. If self-efficacy is high, then actions to take action decisions will be applied.

Conclusion And Implication

Based on the results of research that has been done. This study proves that there is a significant relationship between self-efficacy and decision making of students of the Islamic Psychology study program at UIN Raden Fatah Palembang Class of 2017.

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