



# The relationship between self-confidence and optimism in completing thesis for psychology students at Uin Ar-Raniry Banda Aceh

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## ABSTRACT

Confidence is a component that supports success in the teaching and learning process. Good self-confidence will greatly assist students in absorbing the knowledge they receive, so that they will have a positive and optimistic view of their future success. One of the factors that influence optimism is self-confidence. Optimism is an individual's belief that bad events or failures are only temporary, do not affect all activities, and are not absolutely self-inflicted but can be situations, fate, or other people. For this reason, this study aims to determine the relationship between self-confidence and optimism in students who complete their thesis at the Faculty of Psychology UIN Ar-Raniry Banda Aceh. Measuring tools in this study are self-confidence scale and optimism scale. The total population is 121 with a sample of 100 students. The results of this study show a correlation coefficient ( $r$ ) = 0.767 with  $p = 0.00$  which indicates that there is a very significant positive relationship between self-confidence and optimism of students who complete their thesis at the Faculty of Psychology UIN Ar-Raniry Banda Aceh.

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## Introduction

Student is a term for people who are pursuing higher education in a tertiary institution which consists of High Schools, Academies, and the most common is the University (Rizki, 2018). Dariyo (2004) in his writings states that students are individuals who are entering the final development period. In this case a student is still classified as a teenager. When he was first enrolled as a student, a teenager had just graduated from high school (SMU).

In the world of higher education, students will study theories and take credits semester by semester related to the major they choose. After arriving at the final level and having reached the number of credits which are used as prerequisites to take to the next stage, students will enter the final stage in the world of lectures, namely the final project or also known as thesis is a term used in Indonesia to illustrate a scientific paper. in the form of exposure to the results of undergraduate research that discusses a problem. Thesis is a scientific work written by undergraduate students at the end of their study period based on the results of research, or literature review, or the development of a problem that is carried out carefully (Darmono & Hasan, 2005).

Final semester students are a term for students who will soon graduate from college. Final semester students are in the early adult development stage category, where early adulthood takes place at the age of 20 to 30 years and has developmental tasks that must be carried out. One of the developmental tasks of final year students is preparing themselves to enter the world of work (Bandura, 1997). Readiness in terms of work is a very large task, very important, and very difficult to overcome for final semester students (Hurlock, 1997). If the final semester student believes that he does not have the ability to face the challenges faced in his life, then the final semester student will feel increasingly anxious when facing a challenge,

Students who are currently studying at tertiary institutions are expected to be able to complete their studies within a predetermined period of time. Parents want to see their children quickly acquire titles they can be proud of. In addition, there is a desire from oneself to graduate soon. Demands, encouragement, and desires from oneself, parents, and academics will affect student motivation in viewing the completion of studies according to a predetermined time limit or not. However, in reality to complete the study is not very easy. Students must face various challenges and obstacles in order to graduate from college. One of the difficulties faced by students in completing their studies is compiling a final project or thesis. So therefore,

Final year students working on their thesis are required to have a sense of optimism, high enthusiasm for life, achieve optimal performance and play an active role in solving problems, both academic and non-academic problems (Yesamine, 2002). But in reality, not a few students feel burdened and experience various difficulties in working on their thesis. These difficulties, such as difficulties in finding themes, titles, samples, measuring instruments used, difficulty getting references, limited research time, repeated revision processes, supervisors who are busy and hard to find, length of time for feedback from supervisors when completing thesis, and others (Maritapiska in Wulandari, 2012).

An optimistic attitude in dealing with a pressure or problem is a good attitude raised by everyone, especially for students who are working on their thesis, because with an optimistic attitude students will tend to think and try to solve or find a way out of the problems they face. With a high attitude of optimism, of course students will solve problems with good behavior without avoiding or running away from these problems so that they can bring up good self-confidence. However, if students have a low attitude of optimism or can be said to be pessimistic in dealing with a pressure or problem, then it will tend to avoid the problem and feel unable to solve the problem at hand, giving rise to poor self-confidence. That way the behavior that is raised is bad behavior (Azmi, 2016).

Optimism has a positive effect on quality of life (Primardi & Hadjam, 2010), psychological well-being (Cha, 2003; Harpan, 2015; Ryan & Deci, 2000), happiness (Ryan & Deci, 2000), perseverance, academics, athletics, morale, work, political success, popularity, better health, effective problem solving, even to extend life and be free from stress and trauma (Peterson, 2000), better mental health by adopting a healthy lifestyle and behavior, having a positive outlook on future, emphasizing on the positive aspects of events, not getting frustrated in defeats, confidence in their abilities and talents, and also using problem-oriented coping strategies (Rezaei, Sina, Mousavi, Safari, & Bahrami, 2015). On the contrary, Low optimism is associated with stress (Shaheen, Andleeb, Ahmad, & Bano, 2014), social estrangement, passivity, failure, depression and the possibility of physical illness and death (Rezaei, Sina, Mousavi, Safari, & Bahrami, 2015). An optimistic individual will be able to accept reality and be able to develop a strong and active spirit in his life, so that he can look at his future with hope. As Ginnis said. (1995), optimistic people dare to accept reality and have great hopes for tomorrow. An optimistic individual will be able to accept reality and be able to develop a strong and active spirit in his life, so that he can look at his future with hope. As Ginnis said. (1995), optimistic people dare to accept reality and have great hopes for tomorrow. An optimistic individual will be able to accept reality and be able to develop a strong and active spirit in his life, so that he can view his future with hope. As Ginnis said. (1995), optimistic people dare to accept reality and have great hopes for tomorrow.

According to Seligman (1991), optimism is an individual's belief that bad events or failures are only temporary, do not affect all activities and are not absolutely self-induced but can be situations, fate or other people. Shapiro (2011) defines future optimism as more than just positive thinking, that optimism is defined as a tendency to look at everything and the good side of conditions, expecting the most satisfying results. Optimistic individuals believe that positive, happy events are permanent (will continue to happen all the time) and pervasive (will continue to occur in different situations). Optimism has several aspects according to Ubaydillah (2007), namely cognitive aspects, affective aspects, and conative aspects.

Some of the phenomena that occur at this time, students who complete the thesis seem less self-motivated because of the many revisions from their respective supervisors, the researcher concludes that the problems students have regarding the optimism that students have are said to be low, so they are unable to face thesis writing. (Results of observations of students December 9, 2020). The researcher also had the opportunity to interview 3 students, the three informants were MD, RS and SA. Based on the results of the observations that the researchers made on December 10, 2020, it was found that many students complained about the process of writing their thesis as a result, these students felt sad because their thesis revision had not been completed. The difference with previous research is that the subject is not only in one faculty but in general, and the author's research subject is only at the psychology faculty of UIN Ar-Raniry Banda Aceh, this study shows data on students who have completed their thesis totaling 120 per class of 2016-2017. On December 20, 2020 the author interviewed several students who were completing their thesis.

### **Method**

The research approach is a scientific way to obtain data with specific purposes and uses (Sugiyono, 2017). The research approach used in this study is a quantitative research method. A quantitative research approach can be interpreted as a research method based on the philosophy of positivism which is used to examine certain populations or samples, data collection uses research instruments, data analysis is statistical/quantitative in nature, with the aim of testing established hypotheses (Sugiyono, 2017). Population is a generalized area consisting of objects or subjects that have qualities and characteristics that have been determined by researchers to be studied and then conclusions drawn (Sugiyono, 2017). The research population is all students who are completing their thesis at the Faculty of Psychology UIN Ar-Raniry Banda Aceh, totaling 121 students (Psychology Study Program, 2021). The sample is part of the number and characteristics possessed by the population (Sugiyono, 2017). The sampling technique in this study was to use a proportional stratified random sampling technique, namely taking members of the population randomly without regard to the strata in that population (Sugiyono, 2017). The initial step in determining the sample in this study refers to the table developed by Isaac and Michael at an error rate of 5%. The total population in this study was 121 students, so if you look at the tables of Isaac and Michael, the number of samples used was 100 students. The first step that must be done is to prepare the measuring instrument. Psychological measuring instrument is a research instrument used in quantitative research. Psychological measurement tools will produce data in the form of scores/numbers on a certain continuum (Sugiyono, 2017).

### **Results and discussions**

The division of the sample categorization used by the researcher is categorization based on the normal distribution model with level (ordinal) categorization. According to Azwar (2012), categorization places individuals into groups whose positions are tiered according to a continuum based on the attributes being measured. This categorization will be obtained by categorizing subject scores based on the size of the population standard deviation unit ( $\sigma$ ). Because this categorization is relative, the extent of the interval covering each desired category can be determined subjectively as long as the determination is

within the categorization of the research sample which consists of three categories, namely low, medium and high.

This study aims to determine the relationship between self-confidence and optimism in completing thesis on students of the Faculty of Psychology UIN Ar-Raniry Banda Aceh. After the Pearson Product Moment Correlation test was carried out, a correlation coefficient of  $(r) = 0.767$  was obtained with a significance level of 0.000 ( $p < 0.05$ ) which indicated that there was a very significant positive relationship between self-confidence and optimism in completing the thesis, which means the hypothesis submitted is accepted. This relationship shows that the higher the self-confidence, the higher the optimism in completing the thesis, conversely, the lower the self-confidence, the more optimism in completing the thesis.

It can be concluded that, students of the Faculty of Psychology UIN Ar-Raniry Banda Aceh have high levels of optimism and self-confidence. This is because there are other factors that affect these two variables. Most students have high optimism because they are sure that the thesis they are working on will be completed soon, perseverance, academics, athletics, morale, work, political success, popularity, better health, effective problem solving, even to extend life and be free from stress. also trauma (Peterson, 2000), better mental health by using a healthy lifestyle and behavior, having a positive outlook on thesis, confidence in their abilities and talents, and also using problem-oriented coping strategies. This is marked by the enthusiasm to work on the revisions given by the lecturer and frequent consultations with the supervising lecturer. In addition, students also have good self-confidence because they believe in their potential in writing thesis.

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Furthermore, the results of the measure of association above show that this study obtained a relative contribution between the two variables  $R^2 = 0.588$ , which means that there is a 58.8% effect of self-confidence on student optimism in completing thesis at the Faculty of Psychology UIN Ar-Raniry Banda Aceh, while 41.2% influenced by other factors. That is, self-confidence is not the only factor that influences optimism, but there are other factors, such as these factors can be the ability to solve problems, social support, and religiosity. Seeing the never-ending condition of the Covid-19 pandemic, it can be assumed that the biggest factor influencing student optimism is self-confidence. However, Other factors also give an impression on the optimism of students who complete their thesis at the Faculty of Psychology UIN Ar-Raniry. The results of this study are also in accordance with the theory put forward by Seligman (2008) that one of the factors that influence optimism is self-confidence. Some aspects related to optimism are social support. Having enough support can make individuals more optimistic because they feel confident that help will always be available when needed, for example, giving care, empathy, and concern for loved ones who need it and we can find examples too. other social support in the surrounding environment. Furthermore, there is also the aspect of self-confidence which is a variable in this thesis research, Individual self-confidence who has high confidence in what is in him, and is confident in his abilities will have high optimism, for example, Dare to express self-opinions in front of other people or the general public, do not copy other people's property when doing college assignments . The third aspect is self-esteem. Individuals with high self-esteem are always

motivated to maintain a positive view of themselves and look for personal assets that can compensate for failure, so that they always try harder and better in subsequent endeavors, for example, they do not hesitate to prove the business that has been built even though it falls up and down but still respects one's potential and does not depend on others.

According to Lauster (2011) what influences optimism is self-confidence. Confidence is the force that drives a person to move forward and develop and always improve himself. Without self-confidence, one will live in the shadow of others. He will always be afraid of failure and the unknown. Azman (2018) also emphasized that a person's level of optimism is influenced by the level of self-confidence, with high optimism a person will have high enthusiasm to complete the thesis on time, and vice versa if someone's optimism is low then he is not enthusiastic and not active in completing the thesis. scripts in a timely manner.

This research has several limitations, namely the quantitative approach used is only interpreted in terms of percentages which are then described based on the results obtained so that it is unable to see more broadly the psychological dynamics that occur. Scale dissemination was also carried out online via the Google form by distributing questionnaire links to groups and contacting them personally via the WhatsApp and Instagram applications. This is because the distribution of scale offline cannot be carried out due to the spread of the Covid 19 virus.

### **Conclusion and implication**

Based on the results of data analysis in this study, a correlation value of  $r = 0.767$  was obtained with  $p = 0.00$  and  $r$  squared = 0.588 (58.8%) so that it can be concluded that there is a very significant positive relationship between self-confidence and optimism in completing the thesis on student of the Faculty of Psychology UIN Ar-Raniry Banda Aceh. That is, the higher the self-confidence, the higher the optimism of completing thesis for students of the Faculty of Psychology UIN Ar-Raniry owned by students. The hypothesis put forward in this study is accepted.

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