

# HUBUNGAN ANTARA REGULASI DIRI DAN DUKUNGAN SOSIAL KELUARGA DENGAN KECEMASAN MENGHADAPI UJIAN NASIONAL PADA SISWA KELAS IX DI SMP N 9 SEMARANG

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## ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara regulasi diri dan dukungan sosial keluarga dengan kecemasan menghadapi ujian nasional pada siswa kelas IX di SMP N 9 Semarang. Penelitian ini menggunakan metode kuantitatif korelasional. Populasi dalam penelitian ini adalah siswa kelas IX di SMP N 9 Semarang. Sampel penelitian ini berjumlah 154 siswa kelas IX di SMP N 9 Semarang. Metode pengambilan sampel menggunakan *cluster random sampling*.

Alat ukur yang digunakan dalam penelitian ini terdiri dari tiga skala. Skala kecemasan menghadapi ujian berisi 29 aitem memiliki koefisien reliabilitas = 0,912 dengan indeks daya beda aitem bergerak antara 0,256 sampai 0,660. Skala regulasi diri terdiri dari 38 aitem memiliki koefisien reliabilitas = 0,921 dengan indeks daya beda aitem bergerak antara 0,348 sampai 0,612. Serta skala dukungan sosial keluarga dengan 37 aitem memiliki koefisien reliabilitas = 0,943 dengan indeks daya beda aitem bergerak antara 0,310 sampai 0,778.

Analisis data dalam penelitian ini menggunakan analisis regresi ganda dan korelasi parsial. Hasil penelitian menunjukkan bahwa ada hubungan yang signifikan antara regulasi diri dan dukungan sosial keluarga dengan kecemasan menghadapi ujian nasional diperoleh skor  $R = 0,706$  dan  $F_{hitung} = 74,983$  dengan signifikan  $p = 0,000$  ( $p < 0,05$ ). Hasil uji korelasi parsial antara regulasi diri dengan kecemasan menghadapi ujian nasional dengan mengontrol dukungan sosial keluarga diperoleh skor  $r_{x1y} = -0,512$  dengan signifikan  $p = 0,000$  ( $p < 0,05$ ). Hasil menunjukkan adanya hubungan negatif yang signifikan antara regulasi diri dengan kecemasan menghadapi ujian nasional. Hasil uji korelasi parsial antara dukungan sosial keluarga dengan kecemasan menghadapi ujian nasional dengan mengontrol regulasi diri diperoleh skor  $r_{x2y} = -0,160$  dengan signifikan  $p = 0,048$  ( $p < 0,05$ ). Hasil menunjukkan adanya hubungan negatif yang signifikan antara dukungan sosial keluarga dengan kecemasan menghadapi ujian nasional.

**Kata kunci** : kecemasan menghadapi ujian nasional, regulasi diri, dukungan sosial keluarga

**THE CORRELATION BETWEEN SELF-REGULATION AND FAMILY  
SOCIAL SUPPORT TOWARD THE ANXIETY IN FACING NATIONAL  
EXAMINATION AMONG 9<sup>TH</sup> GRADE STUDENTS OF SEMARANG 9  
STATE JUNIOR HIGH SCHOOL**

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**ABSTRACT**

*This research was conducted to investigate how self-regulation and family social support correlated to the anxiety in facing national examination among 9<sup>th</sup> grade students of Semarang 9 State Junior High School. This quantitative research was administered using a correlational research method. The population of this research included 154 ninth graders of Semarang 9 State Junior High School. Samples were selected using cluster random sampling technique.*

*There were three scales employed as research instruments. A set of anxiety scale consisting of 29 items with a reliability coefficient of 0,912 and item discrimination index ranging from 0,256 to 0,660 was used to collect data related to students' anxiety in facing examination. Meanwhile, a scale to measure students' self-regulation consisting of 38 items with a reliability coefficient of 0,921 and item discrimination index ranging between 0,348 to 0,612 was employed. Whereas, social support from the family was measured using a scale consisting of 37 items with a reliability coefficient of 0,943 and item discrimination index ranging between 0,310 to 0,778.*

*The data obtained in this research were analyzed using multiple regression analysis and partial correlation analysis. The results of the analysis indicated the presence of a significant simultaneous correlation between self-regulation and family social support toward the anxiety in facing national examination with  $R$  score = 0,706 and  $F_{statistic} = 74,983$  significant at  $p = 0,000$  ( $p < 0,05$ ). Whilst, the results of the partial correlation analysis between self-regulation and anxiety in facing national examination with controlled social support form family showed a  $r_{x1y}$  score of = -0,512 significant at  $p = 0,000$  ( $p < 0,05$ ). This result indicated a negative and significant correlation between self-regulation and anxiety in facing national examination. Furthermore, the partial correlation analysis on self-regulation and anxiety in facing national examination with controlled family social support obtained  $r_{x2y}$  score of = -0,160 significant at  $p = 0,048$  ( $p < 0,05$ ), showing the presence of negative and significant correlation between family social support and anxiety in facing national examination.*

**Keywords** : anxiety in facing national examination, self-regulation, family social support