

HUBUNGAN TIPE KEPRIBADIAN TERHADAP *LEARNED HELPLESSNESS* PADA MAHASISWA YANG SEDANG MENYUSUN SKRIPSI

Tina Sari¹, Keksi Girindra Swasti², Tulus Setiono³

ABSTRAK

Latar Belakang: Skripsi merupakan tugas akhir yang wajib dikerjakan oleh mahasiswa yang sering menimbulkan perasaan *learned helplessness*. *Learned helplessness* pada seseorang dapat terjadi karena dipengaruhi oleh beberapa faktor seperti motivasi, kemampuan kognitif, emosi, *explanatory style* dan salah satunya dipengaruhi oleh tipe kepribadian.

Tujuan penelitian: Mengetahui hubungan antara tipe kepribadian terhadap *learned helplessness* pada mahasiswa yang sedang menyusun skripsi.

Metodologi: Desain dalam penelitian ini adalah korelasional dengan pendekatan *cross-sectional*. Responden penelitian sejumlah 51 orang mahasiswa Jurusan Keperawatan Universitas Jenderal Soedirman yang dipilih menggunakan teknik *total sampling*. Analisis bivariat menggunakan uji *fisher exact test*.

Hasil Penelitian: Responden penelitian didominasi oleh perempuan sebanyak 78,4%, kategori IPK sangat memuaskan sebanyak 88,2%, dan didominasi oleh angkatan 2014. Tingkat *learned helplessness* pada responden berada pada kategori sedang sebanyak 76,5%. Hasil uji statistik menunjukkan bahwa tipe kepribadian dimensi *neuroticism*, *extraversion*, *openness to experience*, *agreeableness* dan *conscientiousness* memiliki nilai *p-value* 0,184, 0,203, 0,203, 0,082, 1,000.

Kesimpulan: Tidak terdapat hubungan yang signifikan antara tipe kepribadian terhadap *learned helplessness* pada mahasiswa yang sedang menyusun skripsi.

Kata kunci: *Learned helplessness*, skripsi, tipe kepribadian

¹Mahasiswa Jurusan Keperawatan Fakultas Ilmu Kesehatan Universitas Jenderal Soedirman

²Departemen Keperawatan Jiwa Fakultas Ilmu Kesehatan Universitas Jenderal Soedirman

³Rumah Sakit Umum Daerah Banyumas

THE RELATIONSHIP BETWEEN PERSONALITY TYPE WITH LEARNED HELPLESSNESS AMONG COLLAGE STUDENT IN FINISHING UNDERGRADUATE THESIS

Tina Sari¹, Keksi Girindra Swasti², Tulus Setiono³

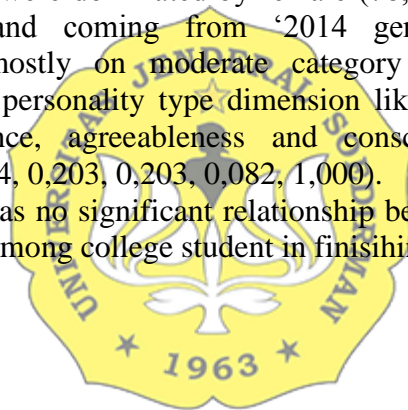
ABSTRACT

Background: Undergraduate thesis was a final task that must be finished by college student. Finishing undergraduate thesis often made student feel of learned helplessness. People got learned helplessness because of several factors, such as motivation, cognitive ability, emotion, explanatory style, and also personality types. This research's aim was to know the relationship between personality type with learned helplessness among collage student in finishing undergraduate thesis.

Method: This research used corelation study design with cross-sectional. 51 nursing student in University of Jenderal Soedirman were included as respondent with total sampling technique. Data was analyzed with *fisher exact test*.

Results: Respondent were dominated by female (78,4%), GPA with 'very good' category (88,2%), and coming from '2014 generation' student. Learned helplessness level mostly on moderate category (76,5%). There were no relationship between personality type dimension like neuroticism, extraversion, openness to experience, agreeableness and conscientiousness with learned helplessness ($p= 0,184, 0,203, 0,203, 0,082, 1,000$).

Conclusion: There was no significant relationship between personality type with learned helplessness among college student in finishing undergraduate thesis.



Keyword: Learned helplessness, undergraduate thesis, personality type

¹Student of School of Nursing, Faculty of Health Sciences, University of Jenderal Soedirman

²Departement of Mental Health Nursing, School of Nursing, Faculty of Health Sciences, University of Jenderal Soedirman

³Regional Hospital of Banyumas