

# THE CONTRIBUTION OF SELF EFFICACY FOR ACADEMIC ANXIETY STUDENTS OF UNIVERSITAS NEGERI YOGYAKARTA

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## ABSTRACT

### Abstract:

This study aims to describe the contribution of self-efficacy for academic anxiety students of Universitas Negeri Yogyakarta. The study method uses a descriptive quantitative approach with correlational research as type of research. Data collection techniques using self-efficacy and academic anxiety questionnaires. Population in this study were all students of UNY that consists of 7 faculties, while the sampling technique used random sampling method. Pearson Correlation model analysis test result shows correlation value of -0,647 with the direction of two variables is opposite (negative). It means more higher of self-efficacy then more lower of academic anxiety. Correlation test results based on the exact and non-exact science study shows result of 21.4% and 29.6%, respectively. The results of the correlation test based on gender shows that men had a correlation of 11.4% and women of 28.6%. Futhermore, correlation test results based on the student's grade year 2016, 2017 and 2018 shows 27.1%, 21.7% and 18.4% respectively. R-square simple linear regression analysis results obtained by 0.281 shows that self-confidence affects the decrease in academic anxiety by 28.1% while 71.9% is influenced by other factors or independent variables not used in this study.

Kata Kunci: *self-efficacy, academic anxiety, students*