

Academic Confidence in Students of the Faculty of Public Health, Nusa Cendana University

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Abstract. Self-confidence is important for anyone, including students in the educational environment. Self-confidence in the sphere of education is known as academic confidence. Academic confidence plays a role in providing encouragement and motivation so that students can express themselves. The purpose of this study was to describe the level of academic confidence in students of the faculty of public health at the University of Nusa Cendana. The sampling technique used conventional sampling with 333 subjects, and the analysis in this study used a central tendency analysis. The result of this analysis showed that the average value of academic confidence in 333 students in public health faculty, at the University Of Nusa Cendana. Students are 76.39, with a median or middle value of 75 and a frequently occurring value or mode of 72, and showed a standard deviation value of 0.45. This study concluded that there is none of them are in a low category, there are 98 (29.4%) students in the medium category, and there are 235 (70.6%) students in the high category.

Keywords: *Academic Self Confidence, Students*

Abstrak. Kepercayaan diri penting dimiliki oleh siapapun, termasuk juga mahasiswa di lingkungan pendidikan. Kepercayaan diri di lingkup pendidikan dikenal dengan kepercayaan diri akademik. Kepercayaan diri akademik berperan dalam memberikan semangat serta motivasi, sehingga mahasiswa mampu untuk mengekspresikan dirinya. Tujuan penelitian ini adalah untuk mengetahui gambaran tingkat kepercayaan diri akademik pada mahasiswa Fakultas Kesehatan Masyarakat Universitas Nusa Cendana. Teknik pengambilan sampel menggunakan sampling konvenien dengan jumlah sampel dalam penelitian ini sebanyak 333 subyek. Analisis dalam penelitian ini menggunakan analisis tendensi sentral. Hasil analisis ini menunjukkan bahwa nilai rata-rata kepercayaan diri akademik pada 333 mahasiswa FKM Undana yaitu 76.39, dengan median atau nilai tengah yaitu 75 dan nilai yang sering muncul atau mode yaitu 72 serta menunjukkan nilai standar deviasi sebesar 0.45. Kesimpulan dari penelitian ini adalah tidak ada yang termasuk dalam kategori rendah, terdapat 98 (29.4%) mahasiswa pada kategori sedang, dan terdapat 235 (70.6%) mahasiswa pada kategori tinggi.

Kata kunci: *Kepercayaan Diri Akademik, Mahasiswa*

Article history:

Received: 5 January 2021

Received in revised from: 15 February 2021

Accepted: 16 February 2021

Available online: 1 June 2021

Introduction

Students are in a period of developmental transition from late adolescence to adulthood. Various problems arise with increasing age in early adulthood. This requires students to adapt to circumstances and learn to accept existing changes. Changes that occur can affect individual attitudes and behavior, one of which is the level of self-confidence.

Each individual has a different sense of confidence. If someone has low self-confidence he usually cannot do much, always hesitate in carrying out the task, does not dare to talk much if not get support, and so forth. Meanwhile, a person who has a high level of confidence tends to feel confident in his own abilities so that he can see high courage, social relations, responsibility, and self-esteem (Deni & Ifdil, 2016).

Confidence is important for anyone, including students in the educational environment. Confidence in the educational sphere is known for academic confidence. In the learning process, students are usually faced with various situations and conditions. Confidence in the academic sphere required students to succeed in life. Academic confidence plays a role in encouraging and motivating individuals to react appropriately to the challenges and opportunities that come (Sham & Amri, 2017).

Sudarmono, Apuanor, and Utami (2019) mentioned that students like the nation's successor youth are often referred to as agents of change so that with confidence in the academic sphere, students are more able to express themselves. In addition, academic assignments obtained by students are certainly not the same as students in general. High levels of education require students to be more active than

the previous level of education (Martoredjo, 2013). This makes students need a high level of academic confidence.

Pratiwi and Laksmiawati (2016) mentioned that students who are at a high level of confidence, are able to apply positive thoughts in themselves to be able to manage all their life needs, including their learning needs. Meanwhile, Fitri, Zola, and Ifdil (2018) mentioned that less confident students will show behaviors such as shutting down, tending to avoid communication, withdrawing from the environment, engaging a little in activities or groups, and being aggressive.

Research conducted by Shaukat and Bashir (2016) shows that a person who has a low level of academic confidence can decrease academic achievement. Completing it, Indriawati (2018) mentioned that the higher the level of academic confidence, the higher students learning outcomes, and vice versa.

Based on observations and interviews conducted on 4 students of Public Health Nusa Cendana University, it was found that students still have difficulty in expressing opinions during the teaching and learning process. Another subject said that he experienced self-doubt because he got ridiculed by friends when the subject presented something. This greatly makes the subject uncomfortable and feels no longer able to do anything. Meanwhile, the result of preliminary data collection also showed that academic confidence in students of the Faculty of Public Health, University of Nusa Cendana is relatively low.

Method

This research used a quantitative approach, and the type of research used in this approach is descriptive research. The analysis technique used is central tendency analysis using mean, median, and mode to get the results of the picture of the data tested in the form of categorization of academic confidence levels that are high, medium, and low. This study involved 333 students of the Faculty of Public Health, University of Nusa Cendana. There are 70 male students and 263 female students

aged between 18-24 years who are active students of the Faculty of Public Health, University of Nusa Cendana.

The variable in this study is academic confidence. Academic confidence is measured using an adaptation scale titled the *Academic Behavior Confidence Scale* version of Arjanggih, R., Hart, H., Adnjani, M. D., & Sholihah, H. (2020). This scale is a Likert scale with 4 answer choices, namely very confident, confident, not confident, and very insecure. The reliability value is 0.925. The number of items on this scale is 24 items with scores ranging from 24-96. The higher the score obtained, the higher the academic confidence. Conversely, if the score obtained is low, academic confidence is also low.

Results

Data from statistical calculations that explain the participant description when viewed from gender, age, study program, semester, place of residence, and regional origin are shown in the Table below.

Table 1. *Description of Participant Characteristics*

Characteristics	Category	Frequency	Percentage
Gender	Male	70	21.1%
	Women	263	78.9%
	Total	333	100%
Age	19	51	15.3%
	20	93	27.9%
	21	61	18.3%
	22	60	18.1%
	23	49	14.7%
	24	19	5.7%
	Total	333	100%
Program Study Of	Public Health	168	50.4%
	Psychology	165	49.6%
	Total	333	100%
Semester	3	154	46.2%
	5	59	17.7%
	7	56	16.8%
	9	64	19.3%
	Total	333	100%

Dwelling	Home	188	56.4%
	Boarding house	145	43.6%
Total		333	100%
Regional Origin	Kupang City	81	24.3%
	Outside Kupang City	252	75th. 7%
	Total	333	100%

The table above shows that in this study, female participants numbered 263 people (78.9%), while the participants who were male amounted to 70 people (21.1%). Furthermore, the table above shows that there are 51 (15.3%) participants with the age of 19 years, as many as 93 (27.9%) participants with the age of 20 years, as many as 61 (18.3%) participants with the age of 21 years, as many as 60 (18.1%) participants with the age of 22 years, as many as 49 (14.7%) party with the age of 23 years and as many as 19 (5.7%) participants with the age of 24 years. The table above also shows that there are 168 (50.4%) participants in the Public Health Sciences (IKM) study program and 165 (49.6%) participants who were in the program study psychology. Furthermore, the most participants were in semester 3 with a total of 154 students (46.2%) and the fewest participants were in semester 7 with a total of 56 students (16.8%). Furthermore, based on the table above, there are 188 participants (56.4%) who lived in a house, and participants who lived in the boarding house are 145 people (43.6%). Besides, the table also showed that 81 participants (24.3%) are from Kupang City, whereas there are 252 participants (75.7%) who came from outside Kupang City.

Table 2. *Categorization of Academic Self-Confidence*

Category	Frequency	Percentage
Low	0	0%
Are	98	29.4%
High	235	70.6%
Total	333	100%

Table 3. Categorization of Academic Self-Confidence Based on Gender

Gender	Academic Confidence Categorization						Total	
	Low		Medium		High			
Women	0	0	79	30,1%	184	69,9%	263	100%
Male	0	0	19	27,2%	51	72,8%	70	100%
Total	0	0	98		235		333	100%

Table 4. Categorization of Academic Self-Confidence Based on Age

Age	Academic Confidence Categorization						Total	
	Low		Medium		High			
19 years old	0	0	10	19,6%	41	80,4%	51	100%
20 years old	0	0	25	26,9%	68	73,1%	93	100%
22 years old	0	0	19	31,1%	42	68,9%	61	100%
22 years old	0	0	20	33,3%	40	66,7%	60	100%
23 years old	0	0	18	36,7%	31	63,3%	49	100%
24 years old	0	0	6	31,7%	13	68,4%	19	100%
Total	0	0	98		235		333	100%

Table 5. Categorization of Academic Self-Confidence Based on Study Program

Study Program	Academic Confidence Categorization						Total	
	Low		Medium		High			
IKM	0	0	43	25,6%	125	74,4%	168	100%
Psychology	0	0	55	33,3%	110	66,7%	165	100%
Total	0	0	98		235		333	100%

Table 6. Categorization of Academic Self-Confidence Based on Semester

Semester	Academic Confidence Categorization						Total	
	Low		Medium		High			

3	0	0	33	21,4%	121	78,6%	154	100%
5	0	0	19	32,2%	40	67,8%	59	17.7%
7	0	0	16	28,6%	40	71,4%	56	16.8%
9	0	0	30	46,9%	34	53,1%	64	19.3%
Total	0	0	98		235		333	100%

Table 7. Categorization of Academic Self-Confidence Based on Residence

Residence	Academic Confidence				Categorization		Total	
	Low		Medium		High			
Home	0	0	65	44,9%	80	55,1%	145	100%
Boarding House	0	0	33	17,6%	155	82,4%	188	100%
Total	0	0	98		235		333	100%

Table 8. Categorization of Academic Self-Confidence Based on Regional Origin

Regional Origin	Academic Confidence				Categorization		Total	
	Low		Medium		High			
Kupang City	0	0	30	37,1%	51	62,9%	81	100%
Outside Kupang City	0	0	68	27%	184	73%	252	100%
Total	0	0	98		235		333	100%

Discussion

Based on the exposure of research results and analysis results using central tendency techniques showed that the academic confidence level of the Faculty of Public Health, University of Nusa Cendana students has a high category of 70.6%. Meanwhile, the Faculty of Public Health, University of Nusa Cendana students have

an average academic confidence value that is not much different from one individual to another when seen based on the low standard deviation value.

The results of the analysis in this study indicate that the average value of academic confidence in the 333 students is 76.39, with the median or middle value of 75 and the frequently occurring value or mode of 72 and showing a standard deviation value of 0.45.

The theory that supports the results of this research is the theory of motivation to excel by McClelland, where students need high academic confidence in order to motivate themselves to achieve. High academic confidence makes students feel more relaxed and safe when doing the learning process so that students can express themselves and be able to be responsible for completing their studies.

Students of the Faculty of Public Health, University of Nusa Cendana have a high level of academic confidence so that makes the Faculty of Public Health, University of Nusa Cendana students always want to give the best in the learning process in the classroom, as well as face exams and attendance. This is related to the aspect of achievement, which made with the number of participants who choose to be confident when following the themes and discussions in the lecture (74.7%) able to do exam questions with the best results (73.8%), as well as study effectively and independently (72.6%).

Many factors can affect a person's academic confidence so that it can affect whether or not the individual's confidence. First of all, factor that can affect a person's academic confidence is gender. In this study, men had higher confidence levels compared to women with a ratio of 72.8% for men and 69.9% for women. These results have similarities with previous studies. The research conducted by Afifah, Hamida, & Burhani (2019), found that there are differences in confidence in which men have higher confidence than women. This is related to the role that men will bring, therefore men tend to feel more confident because from the beginning of childhood it has been made aware that the role of men gives more respectable dignity than the role of women, on the contrary women are considered weak and

many rules must be obeyed. In addition, research by Sander (2012) shows that men have better confidence, especially in communication whereas women are more confident in terms of learning and presence.

Secondly, the age or the number of life experiences. Developmental theory by Hurlock (2015) explains that one of the factors of individual confidence is the maturity of age. Older individuals will be able to adjust well so that they have a better level of confidence. Other than that, the experience that exists can also make a person to be more confident while facing various challenges or problems in his life.

Third, the residence. Case study research conducted by Trinigtyas (2016), on a child's lack of self-confidence, casual factors, and efforts to improve it, it can be known and concluded that family disharmony brings a negative impact on the level of development of the children's self-confidence because children are a victim of parental exclusion when there was a dispute at home.

Fourth, the regional origin. Research conducted by Permatahati and Noorrizki (2019) on the picture of self-confidence of regional students at The State University of Malang showed that of the four interviewed participants explained that they were more confident when they left in Malang because of educational demands that had to be completed.

The results of this study found that there are differences with the results of previous research. In previous research conducted by Setiowati (2016), on increasing self-confidence through game techniques in group guidance and counseling services. Found that student self-confidence was in the low category of 50% and 33.33% of students were in the medium category. Research conducted by Fitri, Zola, and Ifdil (2018), on the self-confidence profile of adolescents and the factors that influence Dewi Sartika Junior High School showed results that most teenagers' self-confidence is in the moderate category with a value of 71.8% while in the research conducted by Suhardinata (2011), on the use of game techniques in group guidance to increase student confidence in High School Laboratory also exists in the medium category.

Conclusion

Based on the results of the research conducted, it can be concluded that of the 333 students of Faculty of Public Health, University of Nusa Cendana, none of them fall into the low category, in the medium category, there are 98 (29.4%) students and in the high category, there are 235 (70.6%) students. Academic confidence of the Faculty of Public Health, University of Nusa Cendana students is relatively high can be seen in the aspect of achievement. In addition, several factors that affect academic confidence are gender, age, residence, and regional origin.

Suggestions

Suggestions that can be proposed from this research are for students of Faculty of Public Health, University of Nusa Cendana, and Faculty of Public Health, University of Nusa Cendana as well as for further research. For students of the Faculty of Public Health, the University of Nusa Cendana who have a high level of academic confidence is expected to maintain their academic confidence level. On the other, students of the Faculty of Public Health, the University of Nusa Cendana who have a medium level of academic confidence are expected to be able to increase their level of academic confidence level again. Furthermore, for the Faculty of Public Health, the University of Nusa Cendana as an institution is expected to help in increasing student academic confidence, especially in the aspect of verbal communication. In addition, suggestions for future researchers are expected to dig deeper into academic confidence using different methods.

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