

Self Regulation dan Self Efficacy pada Mahasiswa Perspektif Teori Sosial Kognitif Albert Bandura

Evi Fitriana

Fakultas Keguruan dan Ilmu Pendidikan Universitas PGRI Palangka Raya,
evira27@gmail.com

Abstrak

Albert Bandura berpandangan bahwa manusia merupakan individu yang aktif di mana mampu berpikir dan mengatur dirinya sendiri sehingga ia tidak hanya dibentuk melalui lingkungan saja tetapi dapat mengontrol dan mengendalikan lingkungan tersebut. Perilaku manusia dapat dilakukan melalui proses *observational learning* yaitu dengan mengamati tingkah laku orang lain dan individu belajar mengimitasi atau meniru tingkah laku orang lain yang menjadi model bagi dirinya. *Self regulation* sangat penting bagi mahasiswa untuk sukses dalam pembelajaran dan dapat menunjang keterampilan mereka. Sedangkan *self-efficacy* mempengaruhi pilihan orang dalam membuat dan menjalankan tindakan yang mereka kejar.

Kata kunci: self regulation, self efficacy, mahasiswa

Self Regulation and Self Efficacy in Student Perspective of Social Cognitive Theory Albert Bandura

Abstract

Albert Bandura holds that humans are active individuals who are able to think and regulate themselves so that they are not only formed through the environment but can control and control the environment. Human behavior can be done through the process of observational learning by observing the behavior of others and individuals learning to imitate or imitate the behavior of others who become models for themselves. Self regulation is very important for students to succeed in learning and can support their skills. Whereas self-efficacy influences people's choices in making and carrying out the actions they pursue.

Key Words: self regulation, self efficacy, student

Self Efficacy Perspektif Teori Kognitif Sosial Dan

Susan H. Jespersen



Self Efficacy Perspektif Teori Kognitif Sosial Dan:

Exploring New Horizons and Challenges for Social Studies in a New Normal Idris, Agus Purnomo, Muhamad Alif Haji Sismat, Zawawi Isma'il, Luechai Sringernyuang, 2022-05-26 The new standards and changes exist in social science studies Covid 19 especially in Indonesia at the end of 2019 has an impact on changes in every sector of life This change is a form of community adaptation Therefore this conference aims to explore theoretical and practical developments of the social sciences to build academic networks while gathering academics from various research institutes and universities This book provides the new standard and encourages many thoughts in theoretical and empirical studies in the social field The scope that can be generated in this standard includes patterns opportunities and challenges in social science learning to new standards learning innovation and implementing new learning standards in Indonesia which was adopted in the form of the Merdeka Belajar program The study results will fill the gaps in knowledge in the new social life and social science Therefore this book aims to mediate the researchers in the same field to discuss and find solutions to current issues in the social field and build cooperation and synergy in creative ideas to work together to create joint research This book will be interesting to students scholars and practitioners who have a deep concern in social science It is futuristic with a lot of practical insights for the students faculty and practitioners Since the contributors are from across the globe it is fascinating to see the global benchmarks *Proceedings of the 3rd Universitas Lampung International Conference on Social Sciences (ULICoSS 2022)* Ryzal Perdana, Gede Eka Putrawan, Bayu Saputra, Trio Yuda Septiawan, 2023-05-03 This is an open access book The 3rd Universitas Lampung International Conference on Social Sciences ULICoSS 2022 ULICoSS 2022 is an international conference organized by the Institute for Research and Community Services Universitas Lampung Indonesia The event took place on 6th 7th September 2022 in Bandar Lampung City on the Indonesian island of Sumatra This event will adopt a hybrid working model combining an in person event with an online meeting via Zoom Attendees and presenters are expected to interact in this way using technology to connect to global networks As has been widely stated in the literature a number of reports and papers have examined the pandemic's negative effects with the majority of work to date focusing on COVID 19's negative impact on psychological well being Thus social adjustment is required for resilience in order to adapt to and change in the face of adversity In other words it is clear that social adjustment which includes the specific behaviors and abilities that people use to deal with daily problems and adapt to changing circumstances is critical for global resilience today As such this international conference which will feature five invited keynote speakers from the Czech Republic Hungary Indonesia and Japan is intended to serve as a forum for the dissemination of specific alternative and significant breakthroughs in rapid social adjustments for global resilience with an emphasis on global society social welfare and development and innovative communication among other topics Therefore we invite scholars academics researchers experts practitioners and university students to participate and share perspectives experiences and research findings by submitting papers on a variety of topics

relevant to the conference s theme and scope All abstracts and papers submitted for consideration will undergo a double blind peer review process to ensure their quality relevance and originality

Pengantar Psikologi Perkembangan Rinda Fauzian, M.Pd, 2020-12-09 Buku ini diperuntukkan para calon pendidik dan pendidik dalam memahami perkembangan peserta didik dari sudut pandang gejala jiwa peserta didik atau dalam istilah lain dari sisi psikologisnya Sehingga buku ini dapat mempermudah para praktisi pendidikan dalam memahami karakteristik perkembangan peserta didik Kendati demikian para calon pendidik dan praktisi pendidikan tidak akan salah memberikan materi memberikan pelayanan hingga memberikan solusi yang dihadapi peserta didik karena dasar dasar perkembangan yang terjadi pada peserta didik dapat dipahami terlebih dahulu Buku ini juga terdiri dari beberapa bab Bab I Pendahuluan Bab II Konsep Dasar Psikologi Perkembangan Bab III Pertumbuhan dan Perkembangan Bab IV Aliran Aliran dalam Psikologi Bab V Teori Teori Psikologi Perkembangan Bab VI Tahapan tahapan Perkembangan Fisik Dan Motorik Peserta Didik Bab VII Implikasi Psikologi Perkembangan Terhadap Pendidikan Tujuh bab tersebut dengan besar harapan dapat memberikan kemudahan para calon pendidik dan praktisi pendidikan dalam mengejawantahkan kebutuhannya upaya untuk memahami perkembangan peserta didik

Al-Islam dan Kemuhammadiyah Bahar Agus Setiawan, Tobroni, Yus Mochammad Cholily, Khozin Khozin, 2021-08-13 Riset ini secara seksama mencermati pengaruh metakognisi efikasi diri dan motivasi siswa dalam mewujudkan efektivitas pembelajaran Al Islam dan Kemuhammadiyah Mata pelajaran Al Islam dan Kemuhammadiyah sebagai penciri lembaga pendidikan Muhammadiyah tentu harus memiliki kontribusi signifikan khususnya dalam ranah pengetahuan dan nilai value sebagai dimensi esensialnya Meskipun dalam implementasi di sekolah dianggap sebagai muatan lokal namun Al Islam dan Kemuhammadiyah memiliki kurikulum yang bersifat nasional Keberadaan Al Islam dan Kemuhammadiyah sebagai mata pelajaran atau bidang studi pada sekolah Muhammadiyah tidak lepas sebagai rantai gerakan dakwah dan tajdid dalam rangka mewujudkan Islam rahmatan lil alamin Konteks ini sejalan dengan apa yang menjadi tujuan utama pembelajaran Al Islam dan Kemuhammadiyah yaitu manusia yang beriman dan berakhlak Konsep ini di era pendidikan modern populer dengan istilah pendidikan karakter Multikulturalisme dan multi perspektif pemahaman agama siswa yang bersekolah di lembaga pendidikan Muhammadiyah menjadi tantangan tersendiri bagi perwujudan efektifitas pembelajaran Al Islam dan Kemuhammadiyah Mata pelajaran atau bidang studi Al Islam dan Kemuhammadiyah yang merupakan bagian dari rumpun pendidikan agama Islam pada kurikulum nasional tidak hanya bersifat pengetahuan namun sekaligus sebagai proses penanaman Mempelajari mata pelajaran tersebut tidak hanya bersifat keilmuan scientific tetapi juga bersifat doktriner yang dalam istilah dipahami sebagai pendekatan scientific cum doctriener Peranan metakognisi efikasi diri dan motivasi dalam konteks pembelajaran sangat diperlukan sehingga dapat menciptakan pemebelejaran yang efektif Adanya pengetahuan siswa terhadap perkembangan kognisinya kesadaran siswa dan motivasi siswa dalam belajar menjadi elemen penting yang harus dikelola secara paripurna Dimensi ini akan berimbas pda keterwujudan efektivitas pembelajaran Al Islam dan

Kemuhammadiyahan Mengetahui mana yang memiliki pengaruh dapat dijadikan referensi sebagai basis pembelajaran Al Islam dan Kemuhammadiyahan Harapan hasil penelitian ini dalam tataran ideal menjadi rujukan dalam ranah riset berkaitan dengan Al Islam dan Kemuhammadiyahan Ranah praktis dapat menjadi salah satu pelengkap dinamisasi penelitian tentang Al Islam dan Kemuhammadiyahan Prosiding Seminar Nasional Psikologi Islam Novita Maulidya Djalal, 2018 On psychology of Islam in Indonesia papers of a conference held in Makassar 27-29 April 2018 **Pendidikan Multikultural** Norbertus Tri Suswanto Saptadi, Abdul Hamid Arribathi, Holong Saor Nababan, Kharisma Romadhon, Giandari Maulani, Erni Susilawati, Maulida Nur, Vidya Arisandi, Haryeni, Bonar Hutapea, Reina A. Hadikusumo, Meli Fauziah, Iqbal Anggia Yusuf, 2023-11-27 Pendidikan multikultural sangat kontekstual dalam kehidupan masyarakat Indonesia agar dapat berkontribusi dalam memelihara kerukunan antar sesama umat manusia Pemahaman dilakukan secara utuh yang menjadi ranah ilmu multikultural dengan dijabarkan secara universal untuk menghargai akan perbedaan Keharmonisan berkehidupan bersama membantu meningkatkan etika dalam usaha berpendapat menjunjung tinggi asas kemanusiaan dan memberi kejayaan negara Pendidikan multikultural akan melihat makhluk hidup sebagai manusia yang tidak akan terpisah dari akar dasar pijakan budaya dan komunitas etnis Secara umum pendidikan multikultural merupakan suatu pendekatan yang dibentuk melalui pranata untuk membuat kesetaraan majemuk bagi seluruh peserta didik dengan beragam ras etnis tingkat sosial status hukum dan komunitas budaya tertentu Buku ini terdiri dari tiga belas bab di mana bab pertama tentang Pengenalan Pendidikan Multikultural bab dua tentang Sejarah Pendidikan Multikultural bab tiga tentang Tujuan dan Fungsi Pendidikan Multikultural bab empat tentang Teori Teori Pendidikan Multikultural bab lima tentang Kurikulum Pendidikan Berbasis Multikultural bab enam tentang Model Model Pendidikan Multikultural bab tujuh tentang Nilai Nilai Multikultural dalam Pendidikan bab delapan tentang Pendidikan Multikultural di Lingkungan Keluarga bab sembilan tentang Pendidikan Multikultural di Lingkungan Sekolah bab sepuluh tentang Pendidikan Multikultural di Lingkungan Kerja bab sebelas tentang Pendidikan Multikultural di Lingkungan Masyarakat bab dua belas tentang Tantangan dalam Implementasi Pendidikan Multikultural dan bab tiga belas tentang Masa Depan Pendidikan Multikultural MEMBENTUK KARAKTER SISWA MELALUI BUDAYA POSITIF SEKOLAH Hermania Bhoki ; Thomas Are ; Maria Inviolata Deran Ola, 2025-04-09 Karakter siswa tidak hanya terbentuk melalui pembelajaran akademik tetapi juga melalui budaya yang diterapkan di sekolah Lingkungan sekolah yang positif memiliki peran penting dalam menanamkan nilai-nilai seperti integritas disiplin tanggung jawab kerja sama serta sikap peduli terhadap sesama Buku ini membahas bagaimana sekolah dapat menciptakan budaya positif yang mendukung perkembangan karakter siswa secara holistik Buku ini menguraikan berbagai strategi dalam membangun budaya sekolah yang kondusif mulai dari menciptakan iklim yang inklusif menanamkan kebiasaan baik dalam keseharian hingga membangun komunikasi efektif antara guru siswa dan orang tua Selain itu dibahas pula peran guru dan tenaga kependidikan sebagai teladan dalam membentuk karakter siswa Dilengkapi dengan teori pendidikan dan contoh praktik terbaik dari

berbagai sekolah buku ini menjadi panduan bagi pendidik kepala sekolah dan pemerhati pendidikan dalam menciptakan ekosistem sekolah yang mampu membentuk generasi muda yang berakhlak mulia mandiri serta siap menghadapi tantangan masa depan

Percikan Pemikiran Pendidikan Islam dan Barat Dr. H. Hoerul Umam, S.Pd.I. MM., M.Si, Endi Suhendi, S.Pd.I., M.Pd.I., Muhammad Aditya Firdaus, M.Pd., Hadiat, M.M., 2022-03-01 Pendidikan Islam adalah materi yang uni dan tidak pernah selesai dibahas Luasnya jendela untuk dibuka guna menghasilkan pemikiran pendidikan Islam yang idela Tentunya ini berdasarkan kajian ilmiah yang produknya adalah pemikiran pendidikan Islam Sementara itu pendidikan Barat juga menakjubkan bagi para pemerhatinya Sehingga tidak jarang bermunculan pemikiran pemikiran yang brilian dan memberikan sumbangsih bagi dunia pendidikan

Self-Efficacy in Changing Societies Albert Bandura, 1995-04-28 Adolescents beliefs in their personal control affects their psychological well being and the direction their lives take Self Efficacy in Changing Societies analyzes the diverse ways in which beliefs of personal efficacy operate within a network of sociocultural influences to shape life paths The chapters by internationally known experts cover such concepts as infancy and personal agency competency through the life span the role of family and cross cultural factors

Social Cognitive Theory and Career-related Self-efficacy Expectations Susan H. Jespersen, 1996

Self-Efficacy, Adaptation, and Adjustment James E. Maddux, 2013-03-09 Covering over fifteen years of research this compilation offers the first comprehensive review of the relationships between self efficacy adaptation and adjustment Following a general overview of self efficacy renowned researchers discuss important topics such as depression anxiety addictive disorders vocational and career choice preventive behavior rehabilitation stress academic achievement and instruction and collective efficacy Psychologists concerned with social cognition and practitioners in clinical counseling will find this an invaluable reference

Self-efficacy as Part of Social Cognitive Theory, Violence Against Wives, and Class Meetings Gayle Hester, 1994

Self-Efficacy Ralf Schwarzer, 2014-06-11 The goal of this book is to illustrate the change in emphasis during the 1980s from one dominated by a behaviouristic perspective to one much more cognitive in its emphasis It is aimed at research psychologists and graduate level psychology students

Exploring the Power of Self-efficacy at Work: Some Empirical Studies from the Social Cognitive Theory, 2006

Self-efficacy in Changing Societies Albert Bandura, 1995 Adolescents beliefs in their personal control affect their psychological well being and the direction of their lives Self efficacy in Changing Societies analyzes the diverse ways in which beliefs of personal efficacy operate within a network of socio cultural influences to shape life paths The chapters by internationally known experts cover such matters as development of personal agency in infancy competency through the life span and the role of familial educational and cross cultural factors in the social construction of personal and collective efficacy The volume addresses important issues of human adaptation and change that will be of considerable interest to people in the fields of developmental psychology education health and sociology

Albert Bandura and the self-efficacy factor Stefano Calicchio, 2023-09-22 Who is Albert Bandura and how did he revolutionise

the field of psychology with his theory on self efficacy What is the impact of this theory in the modern world Immerse yourself in an exploration of Albert Bandura s fascinating life and ideas Discover how Bandura one of the giants of psychology redefined our understanding of human potential with the concept of self efficacy Through detailed analyses of his pioneering research and the fundamental principles of his theory as well as practical exercises and insights for self reflection this book offers a comprehensive overview of Bandura s contribution to psychology From his personal growth journey to his groundbreaking studies on social learning you will explore how Bandura analysed how we face life s challenges to develop confidence in our abilities Be prepared to discover how the concept of self efficacy can transform your life by developing confidence and personal effectiveness an essential resource for anyone wishing to explore the power of the human mind in the modern world A Social-cognitive Analysis of Self-efficacy for Multiple Role Management, Outcome Expectations, Goals and Psychological Well-being Denise Gretchen-Doorly,2005 *Die Engelländische Successions Acte* ,1701

Self-efficacy Sources and Outcome Expectations of Researchers for Sharing Knowledge Via Social Media

Hussain Alshahrani,2019 Although social media is a vital way to communicate and share knowledge the researchers use is still less than expected This may be due to their lack of self efficacy or lack of knowledge of outcomes from its use Therefore this research aimed to investigate sources of self efficacy and outcome expectations of researchers and their impact on the use of social media for knowledge sharing To provide a theoretical framework this research adopted social cognitive theory which contains two important concepts are self efficacy and outcome expectations It investigated sources of self efficacy and types of outcome expectations to address the research objectives and questions This study has employed a sequential exploratory mixed methods design It started with qualitative approach by conducting semi structured interviews with thirty researchers from University of Strathclyde The data were analysed by using a qualitative directed content analysis approach In quantitative approach online questionnaire was used to substantiate the qualitative findings The total participants in this questionnaire was 144 researchers also from University of Strathclyde and the data were analysed by using descriptive statistics This study found that researchers relied on the four sources of self efficacy for using this media They lead researchers to use it effectively although some may discourage its use It also found that researchers expect social and personal outcomes from its use Each type has positive and negative forms which can motivate or prevent researchers from use it This study develops a theoretical framework by identifying levels of importance of these sources and types of outcomes as applied to a real life online context In a practical light this helps researchers to understand these sources and outcomes and determine how they can develop in order to increase their confidence and use Finally institutions can encourage their staff particularly researchers to use it for their competitive advantage **The Importance of Self** Brett Freudenberg,2017 Studies have found that the use of professionals and industry representatives can enhance students confidence and their self belief Subramaniam Zimmermann et al 1992 Pajares 1994 Keef and Roush 1997 Christensen Fogarty and Wallace 2002 In

terms of improving and developing self efficacy studies indicate that self efficacy can be enhanced in various ways which includes work integrated learning WIL Tucker Subramaniam Freudenberg 2007 This paper reports how a Professional Development Program PDP with WIL characteristics was developed and integrated into an undergraduate degree to allow for the development of students self efficacy through mastery experiences modelling social persuasion and physiological states This paper details the procedures that have been developed and provides preliminary evidence on the impact of the PDP in the 1st year of delivery and compares this with a control group from another campus without this program We argue that the WIL program in an undergraduate degree in partnership with industry has assisted students in gaining a greater understanding of self and improved their self efficacy

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