

Correlation Efficacy Self Academic with Readiness Psychological Student in Face Exam End of Semester

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Abstract

This research is based on the historical-background of students' condition in lack of preparation of facing exams which is influenced by self-efficacy. This study objective is to describe self-efficacy and the students' preparation in encountering exams, also examine whether there is a relationship among self-efficacy students' readiness to face the examination. The research used descriptive-correlational with 221 samples using stratified random sampling techniques. The findings of this study showed condition of self-efficacy in moderate category, condition of the students' preparation in encountering exams in moderate category, and a significant correlation between self-efficacy and students' readiness for encounter exams. The implications of the study are expected for School Counselors to provide guidance and counseling services that are improving and developing self-efficacy and readiness of students in facing the exams.

Keywords: Self-Efficacy, Readiness, Counseling, Face Exam, Psychological Student

INTRODUCTION

Source Power Quality human resources very important It means For realize level life a more diverse society Good (Handani and Agustiawan 2023). However, there is no can denied that progress something nation very depends on quality people in the country the specifically generation young. One of the track strategic that can used For realizing quality human resources of course is track education (Fitriyah et al. 2019).

According to Law No. 20 of 2003 concerning System National Education in Chapter 2 Article 3 " Objectives National Education develops potential participant educate to become a man of faith and pious to Almighty God One, moral noble, healthy, knowledgeable, capable, creative, independent, and become inhabitant country democracy as well as responsible answer. Furthermore, according to Muhibbin For know whether objective education the Already achieved or not yet, then need done evaluation (Putra and Ahyanuardi 2022). Evaluation is evaluation to level success student reach goals that have been set in a program. From the results evaluation can known How results Study student during period time certain, so that can determined whether student the can go on to higher class tall or must repeating the same class and also can determine whether student the can pass or no from something level education certain.

So that students can follow exam with success, then various readiness must done. According to Chaplin, readiness (readiness) is something condition ready, prepared (standby) for respond or react to something thing that is development, maturity or maturity somebody (Suryani, Pendi, and B. Seto 2020).

Sri Wahyuni's research disclose that Still There is students who have not Ready face exam especially in mastery material lesson (Fadila and Khoirunnisa 2021). Phenomena encountered in the field is existence students who have not control material lesson previously so that at the time exam No can answer question with good, there is students who do not concentration in learn material exam and when implementation exam, existence students who see notes and cheating answer his friend Because np understand material lesson previously. In addition, the lack of preparedness experienced by students can potentially cause academic stress in students (Laksmi, Widiartini, and Sudirtha 2022).

According to Syaiful Bahri Djamarah that " Readiness student on source Study namely existence materials that can studied or done in the form of book reading, notes, questions as exercise And add insight, so that can help readiness student For follow the intended test " (Rosnaeni Arsyad and Kasman 2024). Readiness student face exam No only limited on mastery material by the subject teacher lesson only, but aspect psychological that is motivation, calm, anxiety, confidence, trust self and other Also very influential to success exam. This is in tune with Slameto that condition readiness covers three things, namely : (a) conditions physical, mental, and emotional, (b) needs, motives, and objectives, and (c) skills, knowledge, and other meanings that have been studied (Fahmi et al. 2023).

Furthermore, according to Darsono put forward that " Factor readiness covering: (a) condition physical that is not conducive, such as: sick Certain will influence readiness student face test, (b) condition psychological deficiencies good, like anxious, depressed, etc. Condition like This No profitable and hinder readiness student for face exam, so that student Lots experience failure at the time exam going on, getting values that are not in accordance with what they expect and there is someone left class.

Failure the Also can caused by Because experience problem in prepare self face exam Good in the form of readiness physical, psychological, and mastery the material. In study (Amalia and Nashori 2021) found 58.5% of students Not yet own belief positive face exam. Phenomena encountered in the field by researchers This is existence student No Certain on self Alone face exam, so that often see to left and to right at the time exam or often cheat with Friend next to it, there is student No optimistic on results the test results the consequences they lazy for follow exam.

Face various type problem said, students who are currently prepare self for exam should own belief strong self that He capable do something or overcome something situation and that He will succeed in do it including face exam. This is what is called self-efficacy. According to Bandura in (Akuba, Purnamasari, and Firdaus 2020) "Self-efficacy is belief somebody in his abilities For do something form control to the person 's functioning Alone And incident in environment ". Self-efficacy helps development talent education with involvement in activity learn. Through activity this, level achievement and motivation usually increase and influential positive.

furthermore according to Bandura a student with high self-efficacy for something topic certain believe on ability Alone For finish task, find correct answer, achieve goals, and often outperform his friends. While low self-efficacy on something topic certain No believe will ability Alone will feel depression for finish task Because observe that other people can succeed do something too much work difficult for him. Furthermore, according to Ifdil et.al self efficacy Individuals are also influenced by gender (E. Syahputra and Rohmatun 2024). This is related to self-esteem. This efficacy is very important to improve because self efficacy This is important in making decisions, especially decisions about students' career direction (D. Syahputra and Rohmatun 2024).

Based on problems that have been put forward so can formulated problem that is How What is the picture of students' self-efficacy? How? readiness student face exam?, and what there is significant relationship between self-efficacy and readiness student face exam?. Purpose research is (1) describing student self-efficacy, (2) describing readiness student in face exam, (3) test the relationship between self-efficacy and readiness student in face exam

METHOD

This research is study descriptive-correlational (Wulanningtyas and Ate 2020). Population study This is student grades VII and VIII of SMP Negeri 13 Padang on Year 2013-2014 lessons totaled as many as 495 people and amount sample as many as 221 people with use stratified random sampling technique (Hendriana and Kadarisma 2019). The instrument used For collect data in study This is questionnaire with use r e view professional judgment (and product moment Pearson For test validity whereas test reliability with Cronbach's alpha (Maidisanti 2018).

Answer question research 1 and 2 data results study analyzed with use technique analysis statistics descriptive And answer Question 3 analyzed with analysis correlational that is For measure level And closely connection between self-efficacy and readiness student face exam used Product Moment Correlation formula with computer program assistance (Choi and Lee 2020).

RESULTS AND DISCUSSION

Based on results data processing, then results study This can depicted as following:

Table 1. Self-efficacy of students at SMP Negeri 13 Padang

Criteria	f	%
Very high	12	5.4
Tall	47	21.3
Currently	96	43.4
Low	45	20.4
Very Low	21	9.5

From table 1 it can be seen that 5.4% of students have very high self-efficacy high, 21.3% of students have high self-efficacy, 43.4% of students have moderate self-efficacy, 20.4% of students have low self-efficacy, and 9.5% of students have low self-

efficacy once (Rakoczy et al. 2019). This is show that in a way general student have moderate self-efficacy (Yildiz Durak 2023).

Table 2. Readiness Students of SMP Negeri 13 Padang in Face Exam

Criteria	f	%
Very Ready	11	5.0
Ready	51	23.1
Quite Ready	91	41.2
Not Ready	56	25.3
Not Ready	12	5.4

On Table 2 is illustrated that 5.0% of students own readiness face exam with criteria very ready, 23.1% of students own readiness face exam with criteria ready, 41.2% of students own readiness face exam with criteria Enough ready, 25.3% of students own readiness face exam with criteria not enough ready, and 5.4% of students own readiness face exam with criteria No ready (Kassabry 2023). This is show that in a way general students of SMP Negeri 13 Padang have readiness face exam is at on criteria Enough Ready.

Then, for see connection between students' self-efficacy with readiness student face exam used analysis correlational with use product moment correlation formula with data processing using help computer, results test hypothesis can seen on table following This(De Simone, Planta, and Cicotto 2018) :

Table 3. Results test hypothesis connection self- efficacy with readiness student face exam

Correlation	Rxy	Sig.	Note
Self-efficacy with student readiness to face exams	0.637	0,000	There is a significant relationship between X and Y

** . Correlation is significant at the 0.01 level (2-tailed).

Table 3 above show that there is significant relationship between self-efficacy and readiness student face exam at SMP Negeri 13 Padang with mark coefficient strong correlation namely of 0.637 on level significance 0.05.

Discussion

Discussion This regarding with self-efficacy and readiness student face exams, as well as the relationship between self-efficacy and readiness student face exam (Norman P. 2004).

Self-Efficacy of Students of SMP Negeri 13 Padang

Meaning from results study show that students' self-efficacy is currently with percentage of 43.4% while low and low very added up with percentage of 29.9%. For That student has have moderate self-efficacy in do task certain, good tasks the is easy task or difficult ones (Simaremare, Sinaga, and Siahaan 2023).

According to Bandura, students who have low self-efficacy tend to be hesitant about the abilities they have. Students with low self-efficacy will stay away from difficult tasks because they are viewed as a threat for them. Students like this own low commitment as well as low aspirations in reaching what has been set, but part of the student also has high self-efficacy and very tall added up with a percentage of 26.7%. They do not look at tasks as something threatening that must be avoided. They are also committed to get the best results to achieve desired goals. They also increase their efforts to prevent possible failure. Those who fail in carrying out something, usually fast get regain their self-efficacy after experiencing failure.

According to Santrock self-efficacy is belief in self that one is capable of doing something or overcoming something, and that one will succeed in doing it. Belief in ability covers trust in self, ability to adapt, cognitive capacity, intelligence, and capacity to act in a full situation under pressure (Namaziandost and Çakmak 2020).

Readiness Students of SMP Negeri 13 Padang Face Exam

Meaning from results study show that readiness student face exam is enough ready with a percentage of 41.2%. Based on these findings, it can be identified that students' readiness to face exams needs to be improved. That student has prepared self consists of from physique and psychic and prepare in learning in the form of control material and skills study (Atha'illah, Kartono, and Masrukan 2022).

According to Syaiful Bahri Djamarah factors readiness covering:

1. Readiness physique namely always try guard health body to always healthy, fit and fit (avoid from disturbance sick, lethargic, sleepy, and and so on).
2. Readiness psychic namely try guard atmosphere heart / or emotions to feel happy, calm, and not stressed, so that there is desire for learn, can concentrate, and there is motivation intrinsic.
3. Readiness material namely existence materials that can be studied or done in the form of book reading, notes, questions, etc., as exercise and add insight, so that can help readiness student for follow the test in question.

Furthermore Slameto put forward that factor readiness is wrong one effort for reaching success. Someone student own good preparation for study, big possibility they will study more good, and persistent as well as get good results.

The Relationship between Self-Efficacy and Readiness Face Exam on Students of State Middle School 13 Padang

The results obtained from submission hypothesis disclose that there is positive relationship and significant between self-efficacy and readiness student face exam with level correlation strong. Results the proven with number coefficient correlation of X and Y is 0.637 level significance 0.05 or level 95% confidence and r table 0.138. This shows the more high self-efficacy, then readiness student face exam the more ready. On the contrary, the more low self-efficacy then readiness student face exams at school the more not ready (SINAGA 2023). Results findings strengthen opinion Slameto factor affecting readiness there are 3 things, namely: (1) condition physique marked guard health, mental conditions related with intelligence, and condition emotional marked with existence desire for learn, can concentrate, and existence motivation intrinsic, no there is pressure so that student own attitude positive and

optimistic in follow exams, and Certain will get good results without nervous and feeling depressed or tense (Ismayilova and M.Klassen 2019), (2) needs, motives, and goals, and (3) skills, knowledge, and other meanings that have been studied. Based on the findings above, it can be interpreted that to improve students' readiness to face exams, it is necessary to improve *self-esteem. efficacy* (self-confidence) of students, especially at SMPN 13 Padang (Salsabilah and Kurniasih 2022).

CONCLUSION

Based on research that has been done can concluded that the self-efficacy of students at SMP Negeri 13 Padang is categorized moderate, readiness face exam on Students of SMP Negeri 13 Padang are categorized Enough ready, and there is significant relationship between self-efficacy and readiness student face exam at SMP Negeri 13 Padang.

Next, the results study suggested to the guidance teacher and counseling to improve service guidance and counseling at SMP Negeri 13 Padang is directed on guidance of a nature increase and develop self-efficacy and readiness student in face exam.

It is expected to the guidance teacher and counseling For more optimize the right BK 17 plus And in accordance with need student as effort foster, develop And increase self-efficacy and readiness student in face exam. Then on researchers next so that you can research variables besides self- efficacy with readiness student face exam

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