

ABSTRAK

Self-Regulated Learning Memprediksi Tingkat Kecemasan Akademik Mahasiswa yang Sedang Mengambil Skripsi di Universitas Dhyana Pura

Intisari. Penelitian ini bertujuan untuk mengetahui apakah variabel *self-regulated learning* dapat memprediksi tingkat kecemasan akademik mahasiswa yang sedang mengambil skripsi di Universitas Dhyana Pura. Variabel *self-regulated learning* dimodifikasi dari skala milik Suputra dan Susilawati (2019) dan skala kecemasan akademik berdasarkan teori Holmes (1991). Penelitian ini dilakukan pada mahasiswa yang sedang mengambil skripsi di Universitas Dhyana Pura berjumlah 105 sampel penelitian. Metode penelitian ini menggunakan analisis regresi linier sederhana. Hasil penelitian menunjukkan bahwa *self-regulated learning* dapat memprediksi tingkat kecemasan akademik mahasiswa yang sedang mengambil skripsi.

Kata Kunci: *self-regulated learning*, kecemasan akademik, mahasiswa, skripsi

ABSTRACT

Self-Regulated Learning Predicts the Academic Anxiety Level of Students Who Are Taking Undergraduate Thesis at Dhyana Pura University

Overview. This study aims to determine whether self-regulated learning variables can predict the level of academic anxiety of students who are taking a thesis at Dhyana Pura University. The self-regulated learning variable was modified from Suputra and Susilawati's scale (2019) and the academic anxiety scale based on Holmes' theory (1991). This research was conducted on students who were taking an Undergraduate Thesis at Dhyana Pura University totaling 105 research samples. This research method uses simple linear regression analysis. The results showed that self-regulated learning can predict the level of academic anxiety of students who are taking an Undergraduate Thesis.

Keywords: self-regulated learning, academic anxiety, students, Undergraduate Thesis