

**HUBUNGAN *SELF-CONFIDENCE* DENGAN *ANXIETY* DALAM
MENERJAKAN SKRIPSI PADA MAHASISWA TINGKAT AKHIR
PROGRAM STUDI S1 KEPERAWATAN UNIVERSITAS GALUH TAHUN
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ABSTRAK

Latar Belakang: *Anxiety* pada mahasiswa tingkat akhir menunjukkan kecenderungan meningkat, terutama ketika mereka menghadapi penyusunan tugas akhir. Beberapa mahasiswa tidak memiliki kepercayaan yang tinggi dalam menghadapi skripsi akan merasa khawatir dan takut. Hal ini membuat beberapa mahasiswa merasa dirinya belum mampu menyelesaikan skripsi tepat waktu. **Tujuan:** peneliti ini untuk mengetahui hubungan *Self-confidence* dengan *anxiety* dalam mengerjakan skripsi pada mahasiswa tingkat akhir. **Metode Penelitian:** Jenis penelitian kuantitatif, metode deskriptif korelasi dan pendekatan *cross sectional*. Populasi mahasiswa tingkat akhir program studi keperawatan Universitas Galuh Tahun 2026 berjumlah 68 orang, sampel sebanyak 65 orang karena 3 orang tidak bersedia menjadi responden. **Instrumen:** kepercayaan diri menggunakan kuesioner *The Test of Self Confidence* dan kecemasan menggunakan HARS yang diberikan langsung kepada responden melalui *google form*. Data dianalisis dengan uji distribusi frekuensi dan analisis bivariat menggunakan uji *rank spearman*. **Hasil:** penelitian tingkat *Self-confidence* termasuk tinggi (55,4%), *anxiety* mahasiswa termasuk tidak cemas (40%). Hasil uji statistik terdapat hubungan negatif dan cukup kuat antara *self-confidence* dengan *anxiety* dengan $\rho = -0.644$ dan p value 0,000, semakin tinggi *self-confidence*, maka semakin rendah *anxiety*, begitu juga sebaliknya. **Kesimpulan:** Oleh karena itu mahasiswa disarankan agar mempersiapkan diri, harus mampu mengoptimalkan kemampuannya dalam menyusun skripsi serta meningkatkan kepercayaan dirinya dalam menyelesaikan skripsi.

Kata kunci: *anxiety*, mahasiswa, *self-confidence*, skripsi

**THE RELATIONSHIP BETWEEN SELF-CONFIDENCE AND ANXIETY
REGARDING THESIS WORK AMONG FINAL-YEAR UNDERGRADUATE
NURSING STUDENTS AT GALUH UNIVERSITY IN 2026**

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ABSTRACT

Background: Anxiety among final-year students shows an upward trend, particularly when facing the task of completing their final thesis. Students lacking confidence in tackling the thesis often experience worry and fear, leading them to doubt their ability to finish on time. **Objective:** This study aimed to determine the relationship between self-confidence and anxiety regarding thesis work among final-year students. **Research Methods:** This was a quantitative study employing a descriptive-correlational design and a cross-sectional approach. The population consisted of 68 final-year students from the Galuh University study program (Class of 2026); the final sample comprised 65 students, as three declined to participate. **Instruments:** Self-confidence was measured using "The Test of Self-Confidence" questionnaire, and anxiety was assessed using the Hamilton Anxiety Rating Scale (HARS); both were administered directly to respondents via Google Forms. Data were analyzed using frequency distribution and bivariate analysis (Spearman's rank correlation). **Results:** The study found that self-confidence levels were generally high (55.4%), while 40% of students were classified as having no anxiety. Statistical analysis revealed a moderately strong negative correlation between self-confidence and anxiety ($\rho = -0.644$; $p = 0.000$), indicating that higher self-confidence corresponds to lower anxiety, and vice versa. **Conclusion:** Students are advised to prepare themselves adequately, optimize their skills in thesis preparation, and boost their self-confidence to successfully complete their thesis.

Keywords: anxiety, students, self-confidence, thesis