

**PENGARUH ASSESSMENT SELF EFFICACY TERHADAP
COGNITIVE TEST ANXIETY PADA PESERTA SNBT 2025**

SKRIPSI

**Diajukan Untuk Memenuhi Salah Satu Syarat untuk Mendapatkan
Gelar Sarjana Psikologi**



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PADANG
2025**

THE INFLUENCE OF ASSESSMENT SELF EFFICACY ON COGNITIVE TEST ANXIETY IN SNBT 2025 PARTICIPANTS

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ABSTRACT

The pressure felt by SNBT 2025 participants can cause individuals to experience anxiety. A specific form of anxiety that arises when individuals are faced with evaluative situations is cognitive test anxiety, which is an emotional condition characterized by feelings of fear, nervousness, or anxiety experienced by individuals when facing tests or exams that are considered difficult and challenging, such as the SNBT. One factor that is closely related to cognitive test anxiety is assessment self-efficacy. This study aims to determine the influence of assessment self-efficacy on cognitive test anxiety among participants of the 2025 SNBT. The method used in this study is a quantitative method. The respondents in this study consisted of 394 participants of the 2025 SNBT. This study employed non-probability sampling with convenience sampling technique. The research instruments used were the Measure of Assessment Self-Efficacy (MASE) scale ($\alpha = .939$) and the Cognitive Test Anxiety Scale ($\alpha = .877$). Based on the results of data analysis using simple linear regression, a p-value of .001 ($p < .05$) was obtained, indicating that there is a significant influence of assessment self-efficacy on cognitive test anxiety among SNBT 2025 participants. The higher the assessment self-efficacy possessed by SNBT 2025 participants, the lower their cognitive test anxiety. Based on the data analysis results, it was also found that assessment self-efficacy influences cognitive test anxiety among SNBT 2025 participants by 22%.

Keywords: *Assessment self-efficacy, Cognitive test anxiety, SNBT 2025 Participants*

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ABSTRAK

Tekanan yang dirasakan oleh peserta SNBT 2025 dapat menyebabkan individu mengalami kecemasan. Bentuk spesifik dari kecemasan yang muncul saat individu dihadapkan dengan situasi evaluatif adalah *cognitive test anxiety*, dimana kondisi emosional berupa rasa takut, gugup, atau cemas yang dialami oleh individu saat menghadapi tes atau ujian yang dianggap sulit dan menantang, seperti SNBT. Salah satu faktor yang memiliki kaitan erat dengan *cognitive test anxiety* adalah *assessment self-efficacy*. Penelitian ini bertujuan untuk mengetahui pengaruh *assessment self-efficacy* terhadap *cognitive test anxiety* pada peserta SNBT 2025. Metode yang digunakan dalam penelitian ini adalah metode kuantitatif. Responden dalam penelitian ini berjumlah 394 orang peserta SNBT 2025. Penelitian ini menggunakan metode pengambilan sampel *non-probability sampling* dengan teknik *convenience sampling*. Instrumen penelitian ini menggunakan skala *Measure of Assessment Self-Efficacy* (MASE) ($\alpha = .939$) dan skala *Cognitive Test Anxiety Scale* ($\alpha = .877$). Berdasarkan hasil analisis data menggunakan uji Regresi Linear Sederhana, didapatkan nilai $p = .001$ ($p < .05$), sehingga dapat disimpulkan bahwa terdapat pengaruh signifikan *assessment self-efficacy* terhadap *cognitive test anxiety* pada peserta SNBT 2025. Semakin tinggi *assessment self-efficacy* yang dimiliki oleh peserta SNBT 2025 maka semakin rendah *cognitive test anxiety* yang dimiliki. Berdasarkan hasil analisis data, ditemukan pula *assessment self-efficacy* berpengaruh sebesar 22% terhadap *cognitive test anxiety* pada peserta SNBT 2025.

Kata Kunci: *Assessment self-efficacy*, *Cognitive test anxiety*, Peserta SNBT 2025