

SKRIPSI

**HUBUNGAN *SELF-EFFICACY* DENGAN KESEHATAN MENTAL PADA
MAHASISWA BARU FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS ANGKATAN 2025**

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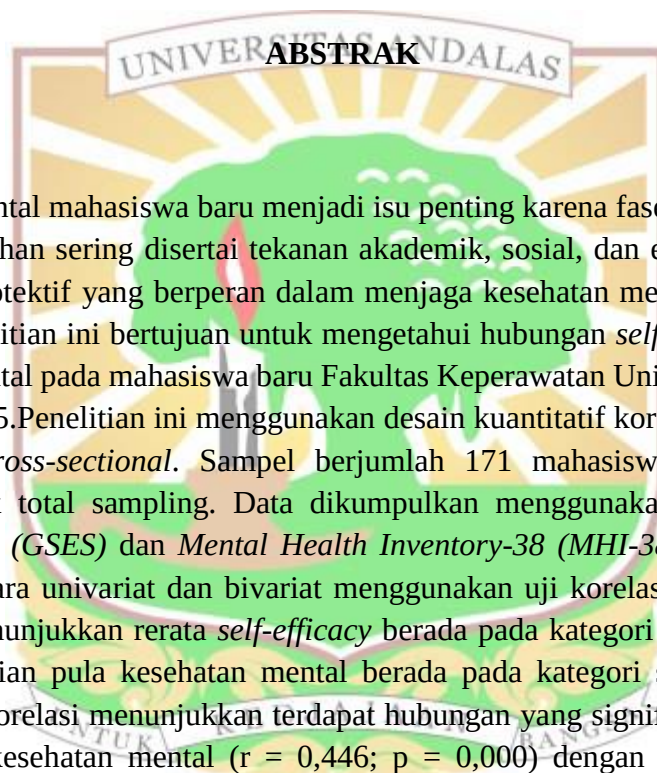
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Hubungan *Self-Efficacy* Dengan Kesehatan Mental Pada Mahasiswa Baru
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Kesehatan mental mahasiswa baru menjadi isu penting karena fase transisi menuju dunia perkuliahan sering disertai tekanan akademik, sosial, dan emosional. Salah satu faktor protektif yang berperan dalam menjaga kesehatan mental *adalah self-efficacy*. Penelitian ini bertujuan untuk mengetahui hubungan *self-efficacy* dengan kesehatan mental pada mahasiswa baru Fakultas Keperawatan Universitas Andalas Angkatan 2025. Penelitian ini menggunakan desain kuantitatif korelasional dengan pendekatan *cross-sectional*. Sampel berjumlah 171 mahasiswa yang diambil dengan teknik total sampling. Data dikumpulkan menggunakan *General Self-Efficacy Scale (GSES)* dan *Mental Health Inventory-38 (MHI-38)*. Analisis data dilakukan secara univariat dan bivariat menggunakan uji korelasi Pearson. Hasil penelitian menunjukkan rerata *self-efficacy* berada pada kategori sedang (mean = 35,40), demikian pula kesehatan mental berada pada kategori sedang (mean = 123,46). Uji korelasi menunjukkan terdapat hubungan yang signifikan antara *self-efficacy* dan kesehatan mental ($r = 0,446$; $p = 0,000$) dengan arah positif dan kekuatan sedang. *Self-efficacy* berkontribusi sebesar 19,9% terhadap kesehatan mental. Disimpulkan bahwa semakin tinggi *self-efficacy*, semakin baik kesehatan mental mahasiswa baru. Oleh karena itu, penguatan *self-efficacy* perlu menjadi fokus dalam program pembinaan mahasiswa baru untuk mendukung kesehatan mental mereka.

Kata kunci: *Self-efficacy*, Kesehatan Mental, Mahasiswa Baru

Daftar Pustaka: 74 (2018-2025)

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*The Relationship Between Self-Efficacy and Mental Health Among First-Year
Nursing Students at Andalas University Faculty of Nursing Year 2025*

ABSTRACT

Mental health among first-year university students is a critical issue, as the transition to higher education is often accompanied by academic, social, and emotional stressors. One important protective factor associated with mental health is self-efficacy. This study aimed to determine the relationship between self-efficacy and mental health among first-year students of the Faculty of Nursing, Universitas Andalas, Class of 2025. This study employed a quantitative correlational design with a cross-sectional approach. A total of 171 students were recruited using total sampling. Data were collected using the General Self-Efficacy Scale (GSES) and the Mental Health Inventory-38 (MHI-38). Univariate and bivariate analyses were performed using Pearson's correlation test. The results showed that the mean self-efficacy score was in the moderate category (mean = 35.40), as was mental health (mean = 123.46). There was a significant positive correlation between self-efficacy and mental health ($r = 0.446$; $p = 0.000$), indicating a moderate relationship. Self-efficacy contributed 19.9% to mental health. In conclusion, higher self-efficacy is associated with better mental health among first-year nursing students. Therefore, programs aimed at strengthening self-efficacy are recommended to support students' mental health during the transition to university life.

Keywords: Self-Efficacy, Mental Health, first-year students

References: 74 (2018-2025)