

**PENGARUH DUKUNGAN SOSIAL ORANG TUA TERHADAP
KEGIATAN *SELF-DIRECTED LEARNING* PADA MAHASISWA
PSIKOLOGI FAKULTAS KEDOKTERAN UNIVERSITAS ANDALAS DI
MASA PANDEMI COVID -19**

SKRIPSI

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



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THE EFFECT OF PARENTS SOCIAL SUPPORT ON SELF-DIRECTED LEARNING ACTIVITIES ON PSYCHOLOGY STUDENTS FACULTY OF MEDICINE ANDALAS UNIVERSITY DURING THE COVID-19 PANDEMIC

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ABSTRACT

Self-directed learning is expected to be one way out of the difficulties of implementing an online learning system during the COVID-19 pandemic. According to some expert opinions, parental social support can be the main support in the home environment to minimize the difficulties experienced by students when carrying out self-directed learning activities. So based on this phenomenon, the researchers wanted to see the effect of parental social support on self-directed learning activities for Psychology students, Faculty of Medicine, Andalas University during the COVID-19 pandemic. This study uses a quantitative method with a simple linear regression test. The research population was 455 students and a sample of 218 students were taken based on the purposive sampling technique. The data collection used the Williamson's Self-Rating Scale of Self-Directed Learning (SRSSDL) (2007) which was adapted by Chirunnisa (2016) and the social support construction scale of parents based on the aspect theory of Sarafino and Smith (2017). The results showed that parental social support had a significant effect on self-directed learning by 17.6%, while 82.4% was influenced by other factors not examined in this study. The higher the social support of parents, the higher the self-directed learning in students during the COVID-19 pandemic.

Keywords: Parental Social Support, Self-Directed Learning, COVID-19 Pandemic

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ABSTRAK

Self-directed learning diharapkan dapat menjadi salah satu jalan keluar dari kesulitan penyelenggaraan sistem pembelajaran daring di masa pandemi COVID-19. Menurut beberapa pendapat ahli, dukungan sosial orang tua dapat menjadi dukungan utama di lingkungan rumah untuk meminimalisir kesulitan yang dirasakan mahasiswa saat melakukan kegiatan *self-directed learning*. Sehingga berdasarkan fenomena tersebut, peneliti ingin melihat pengaruh dukungan sosial orang tua terhadap kegiatan *self-directed learning* pada mahasiswa Psikologi, Fakultas Kedokteran, Universitas Andalas di masa pandemi COVID-19. Penelitian ini menggunakan metode kuantitatif dengan uji regresi linear sederhana. Populasi penelitian adalah 455 orang mahasiswa dan sampel 218 orang mahasiswa yang diambil berdasarkan teknik *purposeful sampling*. Pengumpulan data menggunakan alat ukur *The Self-Rating Scale of Self-Directed Learning* (SRSSDL) Williamson (2007) yang diadaptasi oleh Chirunnisa (2016) dan skala konstruksi dukungan sosial orang tua berdasarkan teori aspek dari Sarafino dan Smith (2017). Hasil penelitian menunjukkan bahwa dukungan sosial orang tua secara signifikan memiliki pengaruh terhadap *self-directed learning* sebesar 17,6%, sedangkan 82,4% dipengaruhi oleh faktor lain yang tidak diteliti di dalam penelitian ini. Semakin tinggi dukungan sosial orang tua maka akan semakin tinggi pula *self-directed learning* dalam diri mahasiswa di masa pandemi COVID-19.

Kata Kunci: Dukungan Sosial Orang Tua, *Self-Directed Learning*, Pandemi COVID-19