

HUBUNGAN ANTARA SELF CONFIDENCE DENGAN KECEMASAN MAHASISWA SAAT PRESENTASI DI DEPAN UMUM

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Penelitian ini bertujuan untuk mengetahui hubungan antara *self confidence* dengan kecemasan mahasiswa saat presentasi di depan umum. Jenis penelitian yang digunakan adalah penelitian kuantitatif dengan metode korelasional. Subjek penelitian berjumlah 50 mahasiswa yang dipilih dengan menggunakan teknik sampling tertentu. Instrumen yang digunakan dalam penelitian ini adalah skala kecemasan mahasiswa saat presentasi di depan umum dan skala *self confidence*. Hasil analisis deskriptif menunjukkan bahwa kecemasan mahasiswa saat presentasi di depan umum berada pada kategori cukup sebesar 50%, kategori rendah sebesar 30%, sangat rendah 4%, tinggi 14%, dan sangat tinggi 2%. Sedangkan *self confidence* berada pada kategori cukup sebesar 48%, tinggi sebesar 32%, sangat tinggi 20%, dan tidak ada subjek pada kategori rendah maupun sangat rendah. Berdasarkan hasil analisis korelasi *product moment*, diperoleh nilai koefisien korelasi sebesar -0,102 dengan signifikansi 0,240 ($p > 0,05$), yang berarti tidak terdapat hubungan yang signifikan antara *self confidence* dengan kecemasan mahasiswa saat presentasi di depan umum. Dengan demikian, hipotesis yang menyatakan adanya hubungan antara *self confidence* dengan kecemasan mahasiswa saat presentasi di depan umum ditolak.

Kata kunci: *self confidence*, kecemasan, presentasi di depan umum, mahasiswa

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This study aims to determine the relationship between self-confidence and anxiety of students during public presentations. The type of research used is quantitative research with correlational methods. The research subjects were 50 students selected using a specific sampling technique. The instruments used in this study were the scale of student anxiety during public presentations and the self-confidence scale. The results of the descriptive analysis showed that student anxiety during public presentations was in the sufficient category at 50%, low category at 30%, very low at 4%, high at 14%, and very high at 2%. Meanwhile, self-confidence was in the sufficient category at 48%, high at 32%, very high at 20%, and no subjects were in the low or very low category. Based on the results of the product moment correlation analysis, a correlation coefficient value of -0.102 was obtained with a significance of 0.240 ($p > 0.05$), which means there is no significant relationship between self-confidence and student anxiety during public presentations. Thus, the hypothesis stating that there is a relationship between self-confidence and student anxiety during public presentations is rejected.

Keywords: self-confidence, anxiety, public presentations, students