

## ABSTRACT

**Shelly Fadhila. 2019. "Contributions of Adversity Quotient and Self Efficacy to Student Learning Outcomes in SMP Muhammadiyah 5 Padang and Their Implications in Guidance and Counseling Services". Thesis. Universitas Negeri Padang.**

Some aspects that are thought to be factors that cause success or failure of students in obtaining good learning outcomes are the ability of students to deal with and solve their problems (adversity quotient) and our confidence in our own abilities (self efficacy). This study aims to see: (1) the description of adversity quotient, self efficacy, and student learning outcomes, (2) the contribution of adversity quotient to student learning outcomes, (3) contribution of self efficacy to student learning outcomes, (4) contribution to adversity quotient and self efficacy together on student learning outcomes.

This study uses a descriptive correlational quantitative method. Samples were 200 students selected by proportional stratified random sampling technique. The instrument used is an adversity quotient instrument, self efficacy with a Likert scale model, as well as student test results. The results of the validity and reliability test of the adversity quotient and self efficacy instruments state that the research instrument is valid and reliable. Data were analyzed by descriptive statistics, simple regression, and multiple regression.

The research findings show that: (1) in general the description of students' adversity quotient is in the low category, (2) in general the picture of self efficacy is in the low category, (3) in general the picture of learning outcomes is in the moderate category, (4) there is a contribution significant adversity quotient on learning outcomes, (5) there is a significant contribution of self efficacy to learning outcomes, and (6) there is a significant contribution of adversity quotient and self efficacy to learning outcomes. The implications of the results of this study can be used as an analysis of the needs of students in the preparation of a Guidance and Counseling service program in schools, especially SMP Muhammadiyah 5 Padang.

**Keywords: Adversity Quotient, Self Efficacy, Learning Outcomes**

## ABSTRAK

**Shelly Fadhila. 2019. “Kontribusi *Adversity Quotient* dan *Self Efficacy* terhadap Hasil Belajar Siswa di SMP Muhammadiyah 5 Padang serta Implikasinya terhadap Pelayanan Bimbingan dan Konseling”. Hasil Penelitian. Universitas Negeri Padang.**

Beberapa aspek yang diduga menjadi faktor penyebab kesuksesan atau kegagalan siswa dalam memperoleh hasil belajar yang baik adalah kemampuan siswa dalam menghadapi dan menyelesaikan masalah yang dialaminya (*adversity quotient*) dan kepercayaan diri kita terhadap kemampuan kita sendiri (*self efficacy*). Penelitian ini bertujuan untuk melihat : (1) gambaran *adversity quotient*, *self efficacy*, dan hasil belajar siswa, (2) kontribusi *adversity quotient* terhadap hasil belajar siswa, (3) kontribusi *self efficacy* terhadap hasil belajar siswa, (4) kontribusi *adversity quotient* dan *self efficacy* secara bersama-sama terhadap hasil belajar siswa.

Penelitian ini menggunakan metode kuantitatif jenis deskriptif korelasional. Sampel berjumlah 200 siswa yang dipilih dengan teknik *proportional stratified random sampling*. Instrumen yang digunakan adalah instrumen *adversity quotient*, *self efficacy* dengan model skala *Likert*, serta nilai hasil ujian semester siswa. Hasil uji validitas dan reliabilitas instrumen *adversity quotient* dan *self efficacy* menyatakan bahwa instrumen penelitian valid dan reliabel. Data dianalisis dengan statistik deskriptif, regresi sederhana, dan regresi ganda.

Temuan penelitian memperlihatkan bahwa: (1) secara umum gambaran *adversity quotient* siswa berada pada kategori rendah, (2) secara umum gambaran *self efficacy* berada pada kategori rendah, (3) secara umum gambaran hasil belajar berada pada kategori sedang, (4) terdapat kontribusi *adversity quotient* yang signifikan terhadap hasil belajar, (5) terdapat kontribusi *self efficacy* yang signifikan terhadap hasil belajar, dan (6) terdapat kontribusi *adversity quotient* dan *self efficacy* secara bersama-sama yang signifikan terhadap hasil belajar. Implikasi dari hasil penelitian ini dapat dijadikan sebagai analisis kebutuhan siswa dalam penyusunan program pelayanan Bimbingan dan Konseling di sekolah, khususnya SMP Muhammadiyah 5 Padang.

**Kata Kunci: *Adversity Quotient*, *Self Efficacy*, Hasil Belajar**