

ABSTRACT

Zulfa, Ika. 2015. Effect of *Wiridan* Intensity to Students Self-Efficacy at Islamic Boarding House of Sabilurrosyad Malang. Thesis. Faculty of Psychology at State Islamic University of Maulana Malik Ibrahim Malang.
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Islamic boarding house female students (*santri*), who deal with double status as a university student also, definitely have high self-efficacy of facing a problem because of their status and their bigger responsibility. Female students at Islamic Boarding House of Sabilurrosyad Malang 95% are university students. In this regard, self-efficacy of the students is very interesting to be examined, moreover to be related to the intensity of *wiridan*. *Wiridan*-to the students, is believed as the supply of psychological tranquility generating positive emotions. Accordingly, The research questions are 1) how is the level of *wiridan* intensity of female students at Islamic Boarding House, 2) how is the level of student self-efficacy, and 3) is there any influence on the *wiridan* intensity to female student self-efficacy at Islamic Boarding House.

This study aims to 1) determine the level of *wiridan* intensity of female students at Islamic Boarding House, 2) determine the level of student self-efficacy, and 3) prove there any influence on the *wiridan* intensity to female student self-efficacy at Islamic Boarding House of Sabilurrosyad Malang.

Methodologically, the researcher exerts descriptive quantitative methods approach. The data retrieval technique using a likert scale, by instrument detail *Wiridan* Intensity (independent variable) 34 items of statements and Self-Efficacy (dependent variable) 36 items of statements. This instrument distributed to 86 selected respondents using quota sampling and simple random sampling. The Data were analyzed using descriptive analysis, cross tabulation, Product Moment correlation and simple linear regression test as hypothesis testing (Test F).

This study showed some facts that 69% of female students at Islamic Boarding House of Sabilurrosyad Malang have high intensity level of *wiridan* and high level of self-efficacy as well. Their high intensity level of *wiridan* within mean score 131,42, turning between minimum score 99 and maximum score 161. Besides, the high level of self efficacy also, 65% of Islamic Boarding House students are in high category within mean score 137,62, turning between minimum score 104 and maximum score 177. Subsequently, from the result of cross tabulation analysis, only 7% who have *wiridan* intensity and high self-efficacy, whereas 6% have *wiridan* intensity and medium self-efficacy. Furthermore, from the analysis of Product Moment correlation creates $r_{hit}=0,395 > r_{tabel}=0,213$, because of $r_{hit} > r_{tabel}$, so these both variable are declared that they have positive correlation. Whereas from the regression test acquires $R_{square}=0,156$, $F_{hit}=15,558$ and $f_{tabel}=3,954$ ($\alpha = 0,05$), because of $F_{hit} > f_{tabel}$ and $\alpha = 0,05 > Sig.F = 0,000$, so H_a is accepted and H_o is rejected. Means that the *wiridan* intensity significantly have influence in the level strength of 15,6% to the students self-efficacy.