

ABSTRACT

Faridah Faridatul. 2014. *The Impression of Self-Efficacy to the Mentally Stress of Student in Psychology Faculty, Maulana Malik Ibrahim State Islamic University Malang Grade 2010 who is writing the final study project (thesis).* Thesis. Psychology Faculty, Maulana Malik Ibrahim State Islamic University Malang.

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Key word: self-efficacy, stress to write the final project (thesis)

Some student of university has a difficultness and problems in writing the final study project (thesis). There many kinds of difficulty that was bothering them to write it well. So, some of this difficulty may stressing their mental and psychological. Bandura (1994) said that the individual with high self-efficacy commonly should be a smart and great personality, so they would not be easily got the mentally stress. While the individual with a low self-efficacy should be easier to get mentally stress. However, the student of Psychology Faculty of Maulana Malik Ibrahim State Islamic University who is writing the final study project (thesis) had a good self-efficacy although they were said that they have gotten the hard mentally stress. The student with a high motivation belief that they able to pass all difficulties of writing the final study project although they seldom to feel worry and jumpy which it should cause the mentally stress.

The main purpose of this research is to know the self-efficacy level, the mentally stress level and the impression self-efficacy to the student in Psychology Faculty of Maulana Malik Ibrahim State Islamic University Malang, that is writing the final study project (thesis).

This research use a quantitative research method with the subject is the student in Psychology Faculty of Maulana Malik Ibrahim State Islamic University Malang, that is writing the final study project (thesis). There are 31 sample of this research which taken randomly from 130 of the targeted population from student grade 2010. The data of self-efficacy and student mentally stress taken by likert scale. The data validity was got from *product moment* program while the reliability was got from *cronbach alpha* program by SPSS 16.0 for windows. So, the data was analyzed by simple linier regression technique by par $Y = a + bX$.

The finding of this research shows that the majority of student in Psychology Faculty of Maulana Malik Ibrahim State Islamic University Malang, that is writing the final study project (thesis) has a moderate self-efficacy level that 83.9 %. While the mentally stress was in 67.7 % which so called in moderate level too. The finding of simple linier regression program shows that F value of this research is 6.011 with sig (F) = 0.020, it's meant sig F < 0.05 so the research Hypothesis was received. Then, there a negative impression of self-efficacy on the mentally stress of student in Psychology Faculty of Maulana Malik Ibrahim State Islamic University Malang, grade 2010 that is writing the final study project (thesis) by determination score is 0.172 that meant self-efficacy took only 17.2 % in influencing the student mentally stress with 82.8 % of it was impression by another variables.