

**RELATIONSHIP BETWEEN NEUROTICISM,  
ACADEMIC SELF-EFFICACY, AND TEST ANXIETY AMONG  
JUNIOR HIGH SCHOOL STUDENTS**

By :

**Irma Masfia  
(15.E2.0011)**

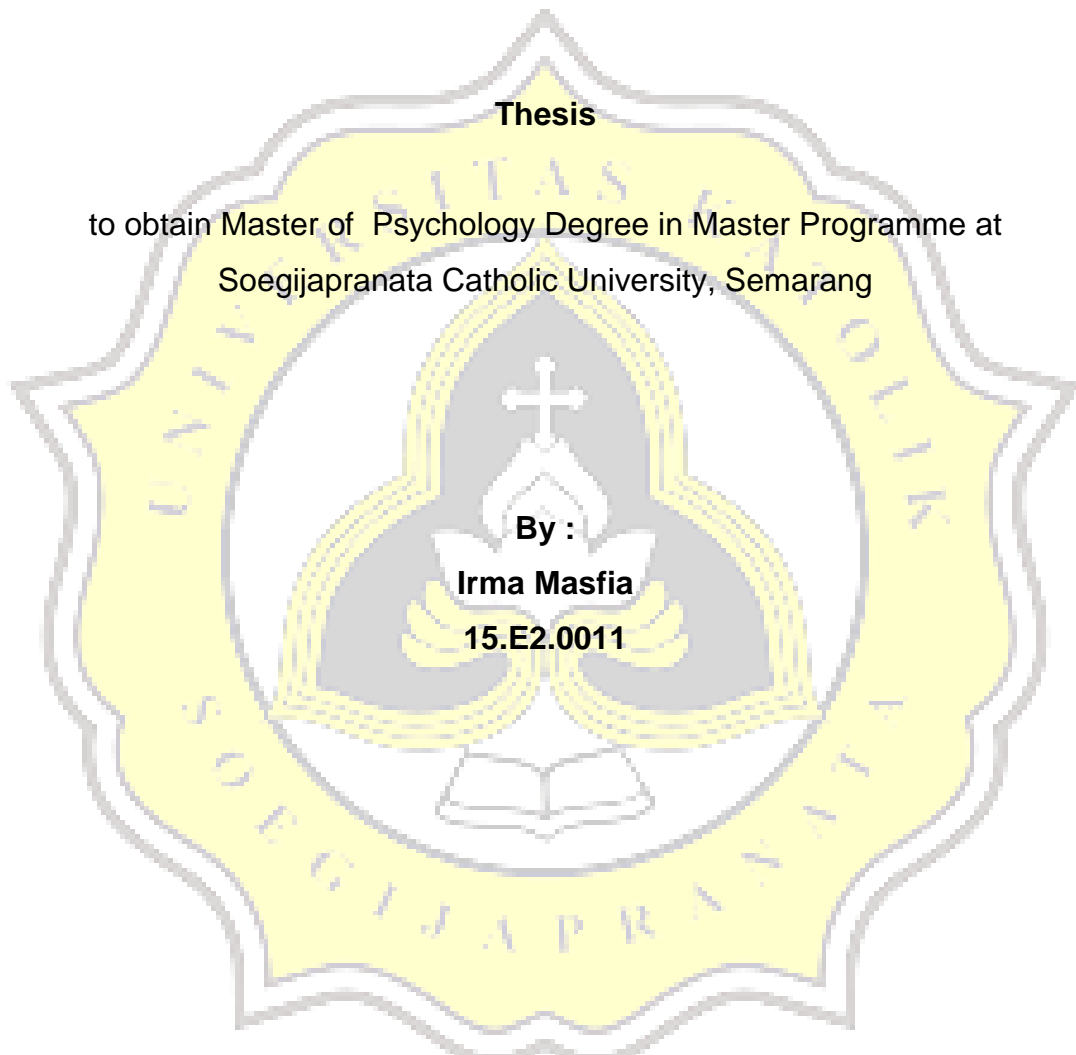


**MASTER OF SCIENCE IN PSYCHOLOGY PROGRAMME  
PSYCHOLOGY FACULTY  
SOEGIJAPRANATA CATHOLIC UNIVERSITY  
SEMARANG  
2018**

**RELATIONSHIP BETWEEN NEUROTICISM,  
ACADEMIC SELF-EFFICACY, AND TEST ANXIETY AMONG  
JUNIOR HIGH SCHOOL STUDENTS**

**Thesis**

to obtain Master of Psychology Degree in Master Programme at  
Soegijapranata Catholic University, Semarang



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**Irma Masfia**

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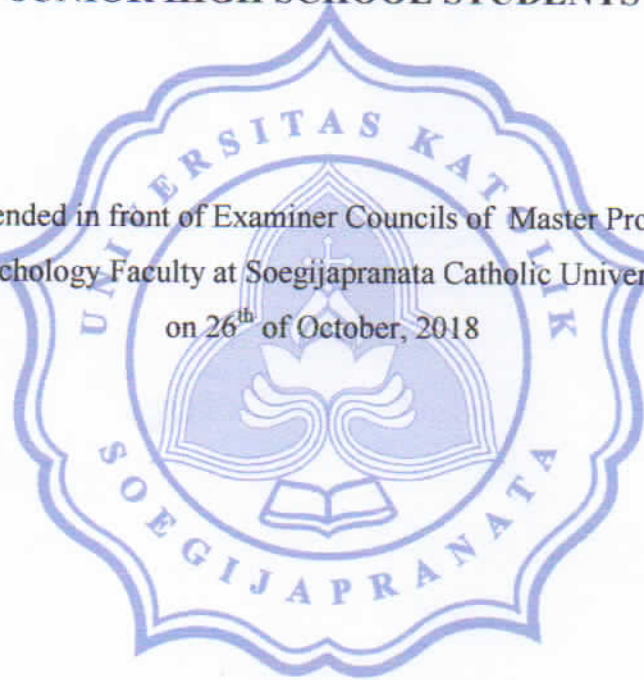
**2018**

# RATIFICATION

Thesis on :

## RELATIONSHIP BETWEEN NEUROTICISM, ACADEMIC SELF-EFFICACY, AND TEST ANXIETY AMONG JUNIOR HIGH SCHOOL STUDENTS

was defended in front of Examiner Councils of Master Programme  
Psychology Faculty at Soegijapranata Catholic University  
on 26<sup>th</sup> of October, 2018



The Head of Master of Science  
in Psychology Programme,

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Main Supervisor ,

A handwritten signature in blue ink, appearing to be "Rachmad Djati Winarno".

Dr. A. Rachmad Djati Winarno, MS

## DECLARATION

I hereby declare that no work in this thesis that has been used to obtain an academic degree at a university, as well no works or opinions that have been written or published by another person, except those deliberately referred to in this thesis and mentioned in bibliography.



Semarang, 5<sup>th</sup> of October 2018

The Author

Irma Masfia

15.E2.0011

## MOTTO

"If I have the belief that I can do it,  
I shall surely acquire the capacity to do it  
even if I may not have it at the beginning."

~ Mahatma Gandhi ~



"Kill tension before tension kills you"

~ Unknown ~

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Semarang, 5<sup>th</sup> of October, 2018

The Author

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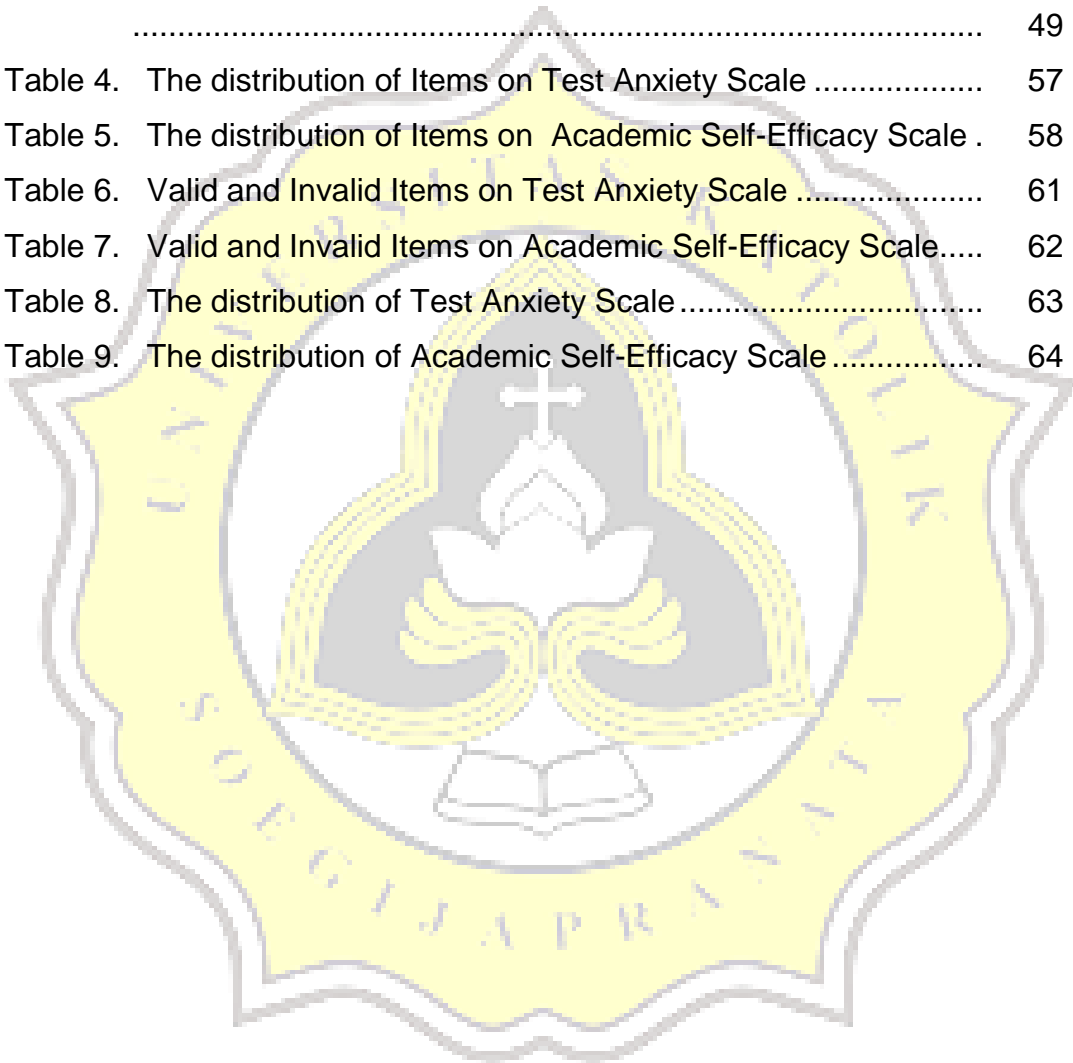


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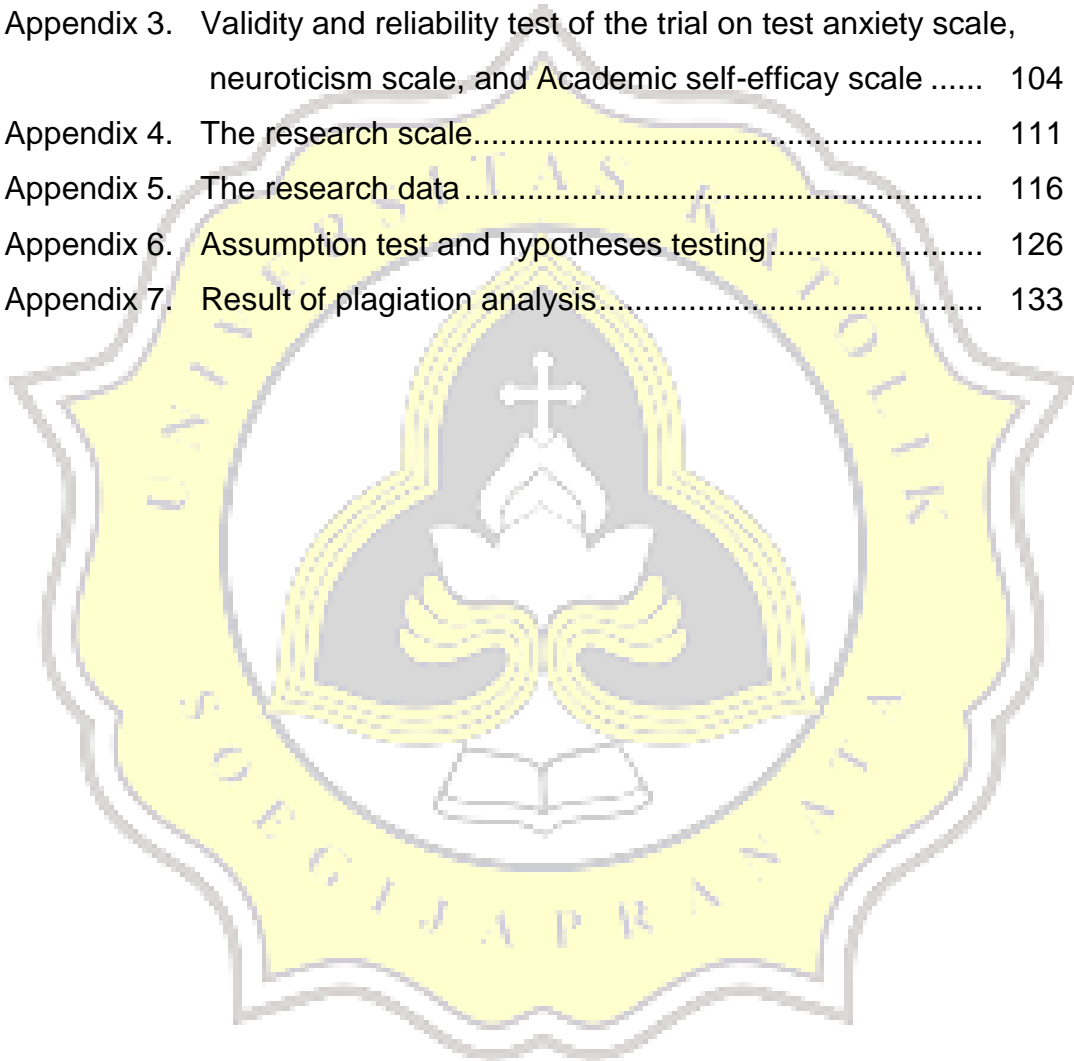
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# RELATIONSHIP BETWEEN NEUROTICISM, ACADEMIC SELF-EFFICACY, AND TEST ANXIETY AMONG JUNIOR HIGH SCHOOL STUDENTS

**Irma Masfia**

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## **Abstract**

The present study aimed at investigating the relationships between neuroticism, Academic self-efficacy, and test anxiety among junior high school students. Hypotheses in this research were 1) there was a relationship between neuroticism, academic self-efficacy and test anxiety; 2) there was a positive relationship between neuroticism and test anxiety; 3) there was a negative relationship between academic self-efficacy and test anxiety. A hundred and two the ninth-grade students at MTs "X" participated in this research were selected using cluster random sampling technique. The current research employed test anxiety scale, neuroticism scale, and academic self-efficacy scale. Main-hypothesis was tested using multiple regression analysis. The result analysis showed that there was a significant relationship between neuroticism, academic self-efficacy, and test anxiety ( $R_{x_1x_2} = 0,485$ ,  $F = 15,223$ ,  $p < 0,01$ ). Minor-hypotheses were tested using partial correlation analysis. The result analysis revealed that neuroticism had a significantly positive correlation to test anxiety when academic self-efficacy was partialled-out ( $r_{x_1y} = 0,306$ ,  $p < 0,01$ ), and academic self-efficacy had a significantly negative correlation to test anxiety when neuroticism was partialled-out ( $r_{x_2y} = - 0,323$ ,  $p < 0,01$ ). Thus, the hypotheses in the present research were accepted.

Keywords: neuroticism, self-efficacy, test anxiety, junior high school students.

**HUBUNGAN ANTARA *NEUROTICISM* DAN  
*ACADEMIC SELF-EFFICACY* DENGAN *TEST ANXIETY*  
PADA SISWA SEKOLAH MENENGAH PERTAMA**

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**Abstrak**

Penelitian ini bertujuan untuk mengetahui hubungan *neuroticism* dan *academic self-efficacy* dengan *test anxiety* pada siswa sekolah menengah pertama. Hipotesis dalam penelitian adalah 1) ada hubungan antara *neuroticism* dan *academic self-efficacy* dengan *test anxiety*; 2) ada hubungan positif antara *neuroticism* dengan *test anxiety*; 3) ada hubungan negatif antara *academic self-efficacy* dengan *test anxiety*. Sejumlah 102 siswa MTs "X" kelas sembilan yang berpartisipasi dalam penelitian ini dipilih dengan menggunakan teknik *cluster random sampling*. Metode penelitian yang digunakan dalam penelitian ini terdiri dari skala *test anxiety*, skala *neuroticism*, dan skala *academic self-efficacy*. Hasil analisis regresi berganda menunjukkan bahwa ada hubungan yang signifikan antara *neuroticism* dan *academic self-efficacy* dengan *test anxiety* ( $R_{x_1x_2} = 0,485$ ,  $F = 15,223$ ,  $p < 0,01$ ). Hasil analisis parsial mengungkapkan bahwa ada hubungan positif yang signifikan antara *neuroticism* dengan *test anxiety* dengan adanya variabel pengontrol *academic self-efficacy* ( $r_{x_1y} = 0,306$ ,  $p < 0,01$ ), dan ada hubungan negatif yang signifikan antara *academic self-efficacy* dengan *test anxiety* dengan adanya variabel pengontrol *neuroticism* ( $r_{x_2y} = - 0,323$ ,  $p < 0,01$ ). Dengan demikian, hipotesis dalam penelitian ini diterima.

Kata Kunci: *neuroticism*, *academic self-efficacy*, *test anxiety*, siswa sekolah menengah pertama.