

ABSTRAK

HUBUNGAN ANTARA *SELF AWARENESS* DENGAN *ADVERSITY QUOTIENT* PADA SISWA KELAS 11 DI SMA NEGERI 1

AMPEK ANGKEK

Penelitian ini bertujuan untuk mengetahui hubungan antara *self awareness* dengan *adversity quotient* pada siswa kelas 11 di SMA Negeri 1 Ampek Angkek. Variabel bebas dalam penelitian ini adalah *self awareness* sedangkan variabel terikat adalah *adversity quotient*. Alat ukur yang digunakan dalam penelitian ini adalah skala *self awareness* dan *adversity quotient*. Teknik pengambilan sampel dalam penelitian ini menggunakan teknik *simple random sampling*. Sampel dalam penelitian ini adalah 147 siswa kelas 11 di SMA Negeri 1 Ampek Angkek. Uji validitas dan reliabilitas pada penelitian ini menggunakan teknik *Alpha Cronbach*. Hasil koefisien validitas pada skala *self awareness* bergerak dari $r_{ix} = 0,322$ sampai dengan $r_{ix} = 0,765$ dengan nilai koefisien reliabilitas $\alpha = 0,909$ sedangkan hasil koefisien validitas pada skala *adversity quotient* bergerak dari $r_{ix} = 0,309$ sampai dengan $r_{ix} = 0,757$ dengan nilai koefisien reliabilitas $\alpha = 0,917$. Berdasarkan analisis data, diperoleh nilai korelasi sebesar 0,606 dengan taraf signifikansi 0,000 yang berarti hipotesis diterima. Sumbangan efektif (*R square*) dari variabel *self awareness* terhadap variabel *adversity quotient* adalah sebesar 37%. Hal ini menunjukkan bahwa terdapat hubungan yang kuat dan sangat signifikan antara *self awareness* dengan *adversity quotient* pada siswa kelas 11 di SMA Negeri 1 Ampek Angkek.

Kata kunci: *adversity quotient*, *ampek angkek*, *self awareness*, SMA, siswa.

ABSTRACT

THE RELATIONSHIP BETWEEN SELF AWARENESS AND ADVERSITY QUOTIENT IN GRADE 11 STUDENTS AT SENIOR HIGH SCHOOL NEGERI 1 AMPEK ANGKEK

This study aims to determine the relationship between self awareness and adversity quotient in grade 11 students at senior high school Negeri 1 Ampek Angkek. The independent variable in this study is self awareness while the dependent variable is the adversity quotient. Measuring tools used in this study are the scale of self awareness and adversity quotient. The sampling technique in this study used a simple random sampling technique. The sample in this study were 147 grade 11 students at senior high school Negeri 1 Ampek Angkek. Test the validity and reliability in this study using Alpha Cronbach technique. The results of the validity coefficient on the self awareness scale move from $r_{ix} = 0.322$ to $r_{ix} = 0.765$ with a reliability coefficient value of $\alpha = 0.909$ while the results of the validity coefficient on the adversity quotient scale move from $r_{ix} = 0.309$ to $r_{ix} = 0.757$ with a reliability coefficient value of $\alpha = 0.917$. Based on data analysis, a correlation value of 0.606 was obtained with a significance level of 0.000, which means that the hypothesis is accepted. The effective contribution (R square) of the self-awareness variable to the adversity quotient variable was 37%. This shows that there is a strong and significant relationship between self awareness and adversity quotient in grade 11 students at senior high school Negeri 1 Ampek Angkek.

Keywords: *adversity quotient, ampek angkek, self awareness, senior high school, students.*