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The Effect of Self-Efficacy and Social Skills on Science Learning Outcomes for Junior High School Students in Jember Regency

Singgih Bektiarso University of Jember

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Iwan WicaksonoUniversity of Jember

ABSTRACT

The purpose of this study was to examine the effect of self-efficacy and social skills simultaneously and partially on science learning outcomes for junior high school (SMP) students in Jember Regency. This research is a type of causality explanatory research, namely research that intends to explain the effect of the independent variables on the dependent variable. The data analysis technique used is statistical test with multiple linear regression test technique using SPSS version 25 statistical application. The results of the normality test for the variable data are self efficacy (X1) sig 0.2 > 0.05, social skills (X2) sig 0.2 > 0.05, and science learning outcomes (Y)sig 0.178>0.05, thus the data variance of all variables is normally distributed. Thus, data analysis with multiple linear regression test techniques can be continued. Based on the results of the regression analysis, it was found that 1) hypothesis testing there was a significant effect of self-efficacy and social skills on students' science learning outcomes simultaneously obtained sig 0.000, meaning that this number was below 0.05, thus the null hypothesis was rejected; 2) hypothesis testing that there is a significant effect of self-efficacy on students' science learning outcomes partially obtained sig 0.023, meaning this number is below 0.05, thus the null hypothesis is rejected; 3) hypothesis testing that there is a significant effect of social skills on students' science learning outcomes partially obtained 0.003 meaning this number is below 0.05, meaning the null hypothesis is rejected. Based on this description, it can be concluded that self-efficacy and social skills have a significant effect simultaneously and partially on science learning outcomes for junior high school students in Jember Regency.

Keywords: Self-Efficacy, Social Skills, Science, Learning Outcomes

INTRODUCTION

Law of the national education system No. 20/2003 (Indonesian Republic Government, 2003) states that education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have religious spiritual strength, control self, personality, intelligence, noble character, and skills needed by himself and society. Furthermore, according to Government Regulation No. 66/2010 Concerning Management and Implementation of Education (Indonesian Republic Government, 2010). It is

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stated that education in junior high school is a formal education level that organizes general education in basic education as a continuation of SD, MI and other equivalent forms or advanced results. Learning that is recognized as equivalent to SD and MI. According to the 2013 curriculum, the objectives of junior high school education include factual, conceptual, procedural, metacognitive and creative skills, productive, critical, independent, collaborative, communicative (Kemendikbud, 2013). Based on the above, the process of education and learning in secondary schools requires strategies and approaches that match the targets and objectives of the curriculum.

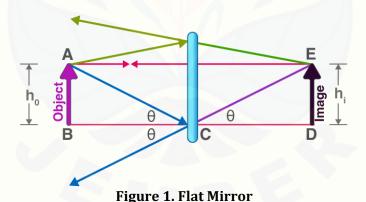
Self-efficacy is an individual's belief about his ability to organize and complete a task needed to achieve certain results (Bandura, 1997). Produce something, and also implement actions in order to achieve a certain form of skill. This self-efficacy will affect the level of work productivity, stress levels and also the mental health of the workforce in the many demands they have to fulfill. The lower the level of self-efficacy in a person, the higher the pressure he will feel. Self-efficacy indicators according to Lauster (2002) include: 1) belief in self-ability; 2) optimistic/always good-looking to succeed; 3) objective according to the existing facts; 4) be responsible for all risks; and 5) rational and use common sense.

Humans as social beings need to communicate socially with other humans. Human activities in certain communities are determined by the smooth level of social relations. In other words, social interaction determines the success of programs that are run together in accordance with the goals set by an organization. Hurlock (1993) states that social adjustment is the success of a person adapting to other people or in general and to his social group in particular. In any organization, it is necessary to manage existing resources in order to create a situation that allows the achievement of goals. According to Comb and Slaby (1977) social skills are the ability to interact with other people in a social context in a specific way that is socially acceptable or valued and benefits others. Thus, it can also be said that social skills are a person's level of proficiency in communicating with others so as to create a conducive social atmosphere according to the values agreed by the social group. This means that a person is accepted or not accepted in certain social groups depending on the similarities and certain needs in the group that have been agreed upon by group members. Indicators of social skills according to Gresham and Elliot (1990) include 1) easy to work together; 2) assertive behavior is not prestige asking for help from others; 3) responsibility; 4) empathy others feel comfortable; 5) self-control to deal with other people's disturbances calmly.

In the process of education and learning, the measure of the achievement of the quality of the process and learning outcomes can be measured and assessed in terms of student learning success. Learning is a mental activity that takes place in active interaction with the environment that results in changes in knowledge, understanding and attitudes. The change in behavior is constant and scarred (Winkel, 2009). Learning outcomes are changes in knowledge, concepts and behavior experienced by students after going through a learning process guided by teachers as facilitators and learning dynamists (Sujana, 2010). Factors that can affect the quality and learning outcomes in general there are two factors, namely external, and internal. According to Slameto (2010) internal factors that can affect student learning outcomes are psychological factors, willingness, talent, and student interest in learning.

Learning outcomes are knowledge, understanding, skills and attitudes obtained by students after going through the learning process. In learning, there are several supporting components, namely teachers, students, methods, and learning infrastructure (Sudjana, 2010). Learning outcomes are evaluation actions that can reveal aspects of thinking, as well as psychological or attitude aspects, value aspects, and certain skills aspects that already exist in students (Yusuf, 2018). Many internal factors of students' self that can affect student learning outcomes. Two internal factors that are quite important in influencing learning outcomes, for example, are selfefficacy and students' social skills. Science subjects in junior high schools are learning programs in the curriculum that develop the concept of natural phenomena and the process of acquiring concepts and their applications in everyday life (Kemendikbud, 2013). The results of Andriani's research (2018) state that students' self-efficacy has a significant effect on their learning outcomes. Likewise, the results of research by Nurulwati et.al (2020) stated that student selfefficacy had a significant positive effect on student physics learning outcomes. On the other hand, the results of research by Hurst et.al (2013) stated that students' social interactions can improve students' seeing various perspectives, critical thinking, and students' problem-solving abilities. Likewise, the results of research by Izzati (2014) state that students' social interaction skills have a significant effect on students' mathematical communication skills.

The material to be taught in this research is Light and Optical Instruments which will be studied by SMP/MTs students in class VIII in the second semester. There are two Basic Competencies (BC) to achieve learning objectives on Light and Optical Instruments based on the Circular Letter of the Minister of Education and Culture Number 37 of 2018, including: BC 3.12 Analyzing the properties of light, forming shadows on flat and curved planes and their application, and BC 4.12 Presenting the results of experiments on the formation of images on mirrors and lenses (Widodo, 2009).



METHODOLOGY

The type of research is quantitative research, that is, the variables are expressed in quantitative data in the form of numbers (Arikunto, 2010). It can also be said that this research is called explanatory research. The purpose of explanatory research is to test hypotheses and test the effect of the independent variable on the dependent variable (Sugiyono 2012). The variables studied were job self-efficacy (X1), social skills (X2), and student achievement (Y). The research subjects are junior high school students in the city of Jember. The number of research samples used was 50 students. The research instrument used was a questionnaire with details of the self-efficacy variables 5 items, social skills 5 items, and student achievement 5 items. The

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questionnaire statement of self efficacy variable and social skills variable uses a Likert scale with 5 answer options, namely 1. Strongly disagree, 2. Disagree, 3. Neutral, 4. Agree, 5. Strongly agree. Thus, each respondent in the self-efficacy variable and the social skills variable will get a score between the value intervals (5–25). While the value of student achievement will get a value interval of 0-100. The data analysis used is multiple linear regression test because all variables are in the form of interval data. Stages of analysis in this study include data normality test, regression test, and significance test. While the data analysis technique in this study used the SPSS application (Sujarweni, 2015, Erlina et. al, 2018).

The framework of this research can be described in the following figure.

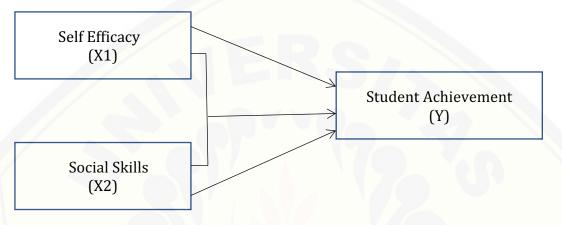


Figure 2. Research Conceptual Framework

Based on the background, theoretical and empirical studies, as well as the conceptual framework of the research, the following research questions can be asked:

- 1. Do self-efficacy and social skills simultaneously have a significant effect on science learning outcomes for junior high school students in Jember Regency?
- 2. Does self-efficacy partially have a significant effect on science learning outcomes for junior high school students in Jember Regency?
- 3. Do social skills partially have a significant effect on science learning outcomes for junior high school students in Jember Regency?

Based on the research questions above, the following hypotheses can be proposed

H1: self efficacy and social skills simultaneously have a significant effect on Science learning outcomes for junior high school students in Jember Regency

H2: Self-efficacy partially has a significant effect on the performance of junior high school teachers in Indonesia Jember

H3: social skills partially have a significant effect on science learning outcomes for junior high school students in Indonesia Jember

FINDING AND DISCUSSION

Research data on the variables of self-efficacy and social skills were obtained by data collection techniques through questionnaire answers to 50 junior high school teachers in Jember Regency. Meanwhile, data on student learning outcomes were obtained using the technique. Furthermore, based on the results of the recapitulation, data on the variables of self efficacy (X1), social skills (X2), and science learning outcomes (Y) were obtained from 50 respondents.

The analysis was carried out with the stages of descriptive test, data normality test, multiple linear regression test, and significance test.

The description of descriptive statistics on the results of data collection on the variables of self-efficacy, social skills, and science learning outcomes can be shown in the following table.

Table 1. Descriptive Statistics of Self Efficacy, Social Skills, and Science Learning Outcomes
Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
self_efficacy	50	14.00	26.00	19.9000	2.67452
Social_Skills	50	13.00	25.00	18.9000	2.79394
Learning_Outcome	50	55.00	74.00	63.9000	5.23431
Valid N (listwise)	50				

Based on table 3.1, it can be interpreted that the highest average score is on the performance variable 20.94 with a standard deviation of 4.033. While the lowest score is the work motivation variable, which is 19.92 with a standard deviation of 4040.

The next step is to test the normality of the data. Based on the non-parametric statistical test with the one sample Kolmogorov-Smirnov technique, the following output was obtained.

Table 2. Non-Parametric One Sample Kolmogorov-Smirnov Statistical Test

Une-Sample Kolmogorov-Smirnov Test					
		self_efficacy	Social_Skills	Learning_Outcome	
N		50	50	50	
Normal	Mean	19.9000	18.9000	63.9000	
Parameters ^{a,b}	Std. Deviation	2.67452	2.79394	5.23431	
Most Extreme	Absolute	.080	.074	.110	
Differences	Positive	.080	.070	.110	
	Negative	080	074	078	
Test Statistic		.080	.074	.110	
Asymp. Sig. (2-tail	led)	.200c,d	.200c,d	.178 ^c	

a. Test distribution is Normal. b. Calculated from data. c. Lilliefors Significance Correction.

 $\mbox{\bf d}.$ This is a lower bound of the true significance.

Based on the output of the Kolmogorov-Smirnov one sample statistical test, it was obtained that the significance data (sig) on the job satisfaction variable sig = 0.200 means 0.2 > 0.05, thus the data on the self-efficacy variable is normally distributed. The social skills variable with a significance (sig) of 0.200 means 0.2 > 0.05, thus the data for the social skills variable is normally distributed. Furthermore, the variable learning outcomes obtained 0.1780 means 0.178 > 0.05 thus learning outcomes data is normally distributed.

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The next step is to test the hypothesis using parametric statistics with multiple linear regression test techniques. The output of statistical tests with multiple linear regression techniques can be displayed in the following output tables.

Table 3. Multiple Linear Regression Model Summary Model Summary

			Adjusted	R Std. Error of the
Model	R	R Square	Square	Estimate
1	.929a	.863	.857	1.97813

a. Predictors: (Constant), Social_Skills, self_efficacy

Based on Table 3.3 obtained R Square 0.863, this can be interpreted that students' science learning outcomes are influenced by self-efficacy and social skills by 86.3% while the rest is influenced by other factors. Furthermore, to test the hypothesis of the effect of self-efficacy and social skills partially and simultaneously on science learning outcomes, it can be explained in the following table output analysis.

Table 4 Multiple Linear Regression Test

Coe	efficients ^a					
		Unstandard	lized Coefficients	Standardized Coefficients		
Mo	del	В	Std. Error	Beta	t	Sig.
1	(Constant)	29.168	2.138	V///	13.644	.000
	self_efficacy	.786	.335	.402	2.344	.023
	Social_Skills	1.010	.321	.539	3.147	.003

a. Dependent Variable: Learning_Outcome

Based on table 3.4 above, it can be done a significance test by confirming the significance value of the influence of self-efficacy, social skills partially and simultaneously on students' science learning outcomes. The discussion of the hypothesis significance test can be described as follows.

Effect of Simultaneous Self Efficacy and Social Skills on Science Learning Outcomes of Junior High School Students

The hypothesis of self-efficacy and social skills simultaneously significantly influence the science learning outcomes of junior high school students can be tested for significance by comparing the sig value with a value of 0.05. Based on table 3.4, it is found that the significance value is 0.000, this value is smaller than 0.05. Thus, it can be concluded that self-efficacy and social skills simultaneously have a significant influence on the science learning outcomes of junior high school students in Jember Regency. It can also be interpreted that if the value of self-efficacy and social skills is higher, the higher the value of students' science learning outcomes.

The Effect of Partial Self Efficacy on Science Learning Outcomes of Junior High School Students

The self-efficacy hypothesis has a partially significant effect on performance, its significance can be tested by comparing the sig value with a value of 0.05. Based on table 3.4, it is found that the significance value is 0.023, this value is smaller than 0.05. Thus, it can be concluded that self-

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efficacy has a partially significant effect on the science learning outcomes of junior high school students in Jember Regency. It can also be interpreted that if the value of self-efficacy is higher, the higher the value of students' science learning outcomes.

The Partial Effect of Social Skills on Science Learning Outcomes of Junior High School Students

The hypothesis of social skills partially significant effect on science learning outcomes can be tested for its significance by comparing the sig value with a value of 0.05. Based on table 3.4, it is found that the significance value is 0.002, this value is smaller than 0.05. Thus, it can be concluded that social skills have a significant influence partially on the science learning outcomes of junior high school students in Jember Regency. It can also be interpreted that if the value of self-efficacy is higher, the higher the value of students' science learning outcomes.

CONCLUSIONS

Based on the data analysis and discussion, it can be concluded as follows:

- 1. Self efficacy and social skills simultaneously have a significant effect on science learning outcomes for junior high school students in Jember Regency.
- 2. Self efficacy partially has a significant effect on science learning outcomes for junior high school students in Jember Regency.
- 3. Social skills partially have a significant effect on science learning outcomes for junior high school students in Jember Regency.

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