

Abstrak

Studi ini meneliti sejauh mana *self-efficacy* dan religiusitas memprediksi optimisme masa depan pada mahasiswa tingkat akhir di lingkungan pondok pesantren Kabupaten Bogor, baik secara parsial maupun simultan. Melalui pendekatan kuantitatif korelasional prediktif, penelitian ini melibatkan 265 mahasiswa-santri mukim sebagai sampel. Pengumpulan data memanfaatkan skala *Life Orientation Test-Revised* (LOT-R), *General Self-Efficacy Scale-12* (GSES-12), dan *4-Basic Dimension Religiosity Scale* (4-BDRS). Analisis regresi linear berganda via SPSS 27 memperlihatkan bahwa kombinasi *self-efficacy* dan religiusitas memberikan kontribusi signifikan terhadap optimisme masa depan sebesar 89,4% ($R^2=0,894$; $F=1,108$; $p<0,001$). Namun secara mandiri, hanya *self-efficacy* yang terbukti berpengaruh signifikan ($B=0,9437$; $p<0,001$), sedangkan religiusitas tidak menunjukkan kontribusi parsial yang bermakna ($B=0,03823$; $p=0,058$). Temuan ini menegaskan peran kunci keyakinan diri sebagai pendorong utama sikap optimistis mahasiswa-santri dalam menyongsong masa depan.

Kata Kunci: Mahasiswa-Santri, Optimisme Masa Depan, Religiusitas, Self-Efficacy.

Abstract

This study explores the degree to which *self-efficacy* and religiosity predict future optimism among final-year students in Islamic boarding schools across Bogor Regency, both partially and simultaneously. Employing a predictive quantitative approach, the research engaged 265 resident student-santris. Data were gathered through the *Life Orientation Test-Revised* (LOT-R), *General Self-Efficacy Scale-12* (GSES-12), and *4-Basic Dimension Religiosity Scale* (4-BDRS), then processed using multiple linear regression in SPSS 27. The findings reveal that *self-efficacy* and religiosity combined account for 89.4% of the variance in future optimism ($R^2=0.894$; $F=1108$; $p<0.001$). Individually, however, only *self-efficacy* holds a significant predictive effect ($\beta=0.9437$; $p<0.001$), while religiosity shows no substantial partial influence ($\beta=0.03823$; $p=0.058$). Ultimately, personal efficacy emerges as the key driver shaping these students' outlook on their future.

Keywords: Future Optimism, Religiosity, Self-Efficacy, Student-Santri.

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