

ABSTRAK

Kesadaran akan pentingnya tingkat pendidikan semakin tinggi. Namun, peningkatan pendidikan tidak dapat menjadi alasan penundaan pernikahan. Fenomena menikah muda justru terjadi pada mahasiswa perguruan tinggi di Indonesia. Mahasiswa yang menikah melakukan tugasnya sebagai pelajar maupun sebagai suami dan ayah atau istri dan ibu. Oleh karena itu, mahasiswa yang menikah dituntut untuk memiliki daya juang yang lebih dalam menghadapi kehidupan pribadi dan akademiknya. Kemampuan tersebut dikenal sebagai *adversity quotient*. *Adversity Quotient* dipengaruhi oleh berbagai faktor termasuk keyakinan. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh *self efficacy* dan religiusitas terhadap *adversity quotient* pada mahasiswa S1 UIN Sunan Gunung Djati yang menikah. Metode penelitian yang digunakan adalah pendekatan kuantitatif regresi dengan teknik *sampling quota sampling*. Alat ukur yang digunakan *General Self Efficacy (GSE)*, *Brief Multidimensional Measure of Religiousness/Spirituality (BMMRS)*, dan *Adversity Quotient Response Profile (ARP)*. Hasil penelitian ini menunjukkan ada pengaruh *self efficacy* dan religiusitas terhadap dengan nilai koefisien determinasi 0,899 atau 89.9%.

Kata kunci : *self efficacy, religiusitas, adversity quotient, mahasiswa yang menikah*



ABSTRACT

Awareness of the importance of education levels is getting higher and higher. However, increased education cannot be the reason for the postponement of marriage. The phenomenon of marrying young actually occurs in university students in Indonesia. Married students perform their duties as students as well as husbands and fathers or wives and mothers. Therefore, married students are required to have more fighting power in facing their personal and academic lives. The ability is known as adversity quotient. The Adversity Quotient is influenced by a variety of factors including beliefs. The purpose of this study was to determine the influence of self-efficacy and religiosity on adversity quotient in S1 UIN Sunan Gunung Djati students who were married. The research method used is a quantitative approach to regression with sampling quota sampling techniques. The measuring instruments used are General Self Efficacy (GSE), Brief Multidimensional Measure of Religiousness/Spirituality (BMMRS), and Adversity Quotient Response Profile (ARP). The results of this study show that there is an influence of self-efficacy and religiosity on the value of the coefficient of determination of 0.899 or 89.9%.

Keywords : *self efficacy, religiosity, adversity quotient, married students*

