

ABSTRAK

ENENG SILVIA. 2025. PENGARUH DUKUNGAN SOSIAL, *SELF-EFFICACY*, DAN OPTIMISME TERHADAP RESILIENSI AKADEMIK MAHASISWA PADA MAHASISWA PENDIDIKAN EKONOMI UNIVERSITAS SILIWANGI.

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Tujuan penelitian ini yaitu untuk mengetahui pengaruh dukungan sosial, *self- efficacy* dan optimisme terhadap resiliensi akademik mahasiswa pada Mahasiswa Jurusan Pendidikan Ekonomi Universitas Siliwangi angkatan 2021-2024. Penelitian ini menggunakan pendekatan kuantitatif dengan metode survey dengan desain penelitian eksplanatory survey. Teknik pengumpulan data melalui penyebaran angket melalui *google form* sebanyak 34 pernyataan untuk teknik analisis data menggunakan analisis regresi linear berganda. Populasi pada penelitian ini, sebanyak 494 mahasiswa dan teknik pengumpulan sampel menggunakan teknik *random sampling* jenis *proportionate stratified random sampling* dengan jumlah responden dengan jumlah responden sebanyak 221 mahasiswa. Penelitian ini berfokus pada resiliensi akademik pada mahasiswa Pendidikan Ekonomi Universitas Siliwangi angkatan 2021-2024. Hasil penelitian menunjukkan bahwa terdapat pengaruh positif dan signifikan dukungan sosial, *self- efficacy*, dan optimisme terhadap resiliensi akademik mahasiswa baik secara uji t (parsial) maupun uji f (simultan). Penelitian ini diharapkan dapat memberikan pemahaman mengenai pentingnya dukungan sosial, *self- efficacy*, dan optimisme dalam penguatan resiliensi akademik, serta strategi yang dapat diterapkan untuk memperkuat ketiga faktor tersebut.

Kata Kunci: Resiliensi akademik mahasiswa, dukungan sosial, *self- efficacy*, optimisme

ABSTRAK

ENENG SILVIA. 2025. ***THE INFLUENCE OF SOCIAL SUPPORT, SELF-EFFICACY, AND OPTIMISM ON STUDENTS' ACADEMIC RESILIENCE IN ECONOMICS EDUCATION STUDENTS OF SILIWANGI UNIVERSITY.***

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*The purpose of this study is to determine the influence of social support, self-efficacy, and optimism on academic resilience among students of the Economics Education Department at Siliwangi University from the 2021–2024 cohorts. This study employs a quantitative approach using a survey method with an explanatory survey research design. Data collection was conducted through the distribution of questionnaires via Google Forms, consisting of 34 statements. Data analysis was carried out using multiple linear regression analysis. The population of this study comprises 494 students, and the sampling technique used was proportionate stratified random sampling, resulting in a total of 221 student respondents. The study focuses on academic resilience among Economics Education students at Siliwangi University from the 2021–2024 cohorts. The results of the study indicate that social support, self-efficacy, and optimism have a positive and significant influence on students' academic resilience, both in partial tests (*t*-test) and simultaneous tests (*F*-test). This research is expected to provide insight into the importance of social support, self-efficacy, and optimism in strengthening academic resilience, as well as strategies that can be implemented to enhance these three factors.*

Keywords: *Students' academic resilience, social support, self-efficacy, optimism.*