

ABSTRAK

Putri Aisyah Mujahidah 2026. **Hubungan Antara *Self Confidence* dan *Self Awareness* dengan Komunikasi Efektif Siswa Pada Pembelajaran Biologi Materi Sistem Respirasi Manusia (Studi Korelasi di Kelas XI SMA Negeri 9 Tasikmalaya Tahun Ajaran 2025/2026)**. Jurusan Pendidikan Biologi, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Penelitian ini bertujuan untuk mengetahui hubungan antara *self confidence* dan *self awareness* dengan komunikasi efektif siswa di kelas XI SMA Negeri 9 Tasikmalaya Tahun Ajaran 2025/2026. Metode penelitian yang digunakan adalah korelasi dengan populasi seluruh kelas XI SMA Negeri 9 Tasikmalaya sebanyak 4 kelas dengan jumlah 133 siswa. Sampel yang digunakan menggunakan teknik *Total Sampling* dengan mempertimbangkan mengambil seluruh kelas untuk dijadikan sampel penelitian. Instrumen penelitian yang digunakan berupa instrumen non tes dengan kuisioner pada *self confidence* sebanyak 32 butir pernyataan, *self awareness* sebanyak 36 butir pernyataan, dan komunikasi efektif sebanyak 35 butir pernyataan. Teknik analisis data dilakukan dengan uji prasyarat analisis dan uji hipotesis. Uji hipotesis menggunakan uji korelasi *Product Moment Pearson* dan uji korelasi berganda. Hasil penelitian menunjukkan bahwa: ada hubungan antara *self confidence* dengan komunikasi efektif dalam kategori kuat, ada hubungan antara *self awareness* dengan komunikasi efektif dalam kategori kuat, dan ada hubungan *self confidence* dan *self awareness* secara simultan terhadap komunikasi efektif dalam kategori kuat di kelas XI SMA Negeri 9 Tasikmalaya Tahun Ajaran 2025/2026. Kesimpulan penelitian ini bahwa peningkatan *Self Confidence* dan *Self Awareness* berperan sangat penting dalam mendukung terciptanya komunikasi yang efektif. Oleh karena itu, Upaya pengembangan kedua aspek tersebut perlu menjadi perhatian dalam meningkatkan kemampuan komunikasi individu.

Kata Kunci: *Self Confidence*, *Self Awareness*, Komunikasi Efektif

ABSTRACT

Putri Aisyah Mujahidah 2026. **The Relationship Between Self Confidence and Self Awareness with Students' Effective Communication in Learning Biology of Human Respiratory System Materials (Correlation Study in Class XI of SMA Negeri 9 Tasikmalaya Academic Year 2025/2026)**. Biology Education Department. Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

This study aims to determine the relationship between self-confidence and self awareness and effective communication of students in grade XI of SMA Negeri 9 Tasikmalaya Academic Year 2025/2026. The research method used was a correlation with the population of all classes XI of SMA Negeri 9 Tasikmalaya as many as 4 classes with a total of 133 students. The sample used used the Total Sampling technique by considering taking the entire class to be used as a research sample. The research instruments used were in the form of non-test instruments with a questionnaire on self-confidence as many as 32 statements, self awareness as many as 36 statements, and effective communication as many as 35 statements. The data analysis technique was carried out by analysis prerequisite test and hypothesis test. The hypothesis test used Pearson's Product Moment correlation test and multiple correlation test. The results of the study show that: there is a relationship between self-confidence and effective communication in the strong category, there is a relationship between self-awareness and effective communication in the strong category, and there is a relationship between self-confidence and self-awareness simultaneously to effective communication in the strong category in grade XI of SMA Negeri 9 Tasikmalaya for the 2025/2026 Academic Year. The conclusion of this study is that increasing Self Confidence and Self Awareness plays a very important role in supporting the creation of effective communication. Therefore, efforts to develop these two aspects need to be a concern in improving individual communication skills.

Keywords: Self Confidence, Self Awareness, Effective Communication