

Research Article

The Role of Self-Efficacy and Social Support for Grit in Master of Professional Psychology Students

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ORCIDChintya Lucy Lutviantari: <https://orcid.org/0009-0000-2567-9038>**Abstract.**

Grit is a trait or personality that must be possessed by individuals, especially students who are studying in the Master of Professional Psychology program. Students who have grit can demonstrate good academic performance and achieve planned long-term goals. This study aims to determine the role of self-efficacy and social support for grit in Master of Professional Psychology students in Indonesia. The participants of this study amounted to 210 students from various universities and specializations majoring in psychology who were collected using purposive sampling techniques. The research instruments used were self-efficacy scale, social support scale, and grit scale. Data were analyzed by multiple regression analysis using SPSS 24. The results of multiple regression tests show that there is a significant role between self-efficacy and social support for the grit of Master of Professional Psychology students ($R^2 = 0.654$, $F = 195.278$, $p < 0.05$).

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1. Introduction

The Master Program in Professional Psychology is an advanced study program for S1 Psychology students who continue their profession as psychologists. The courses to be taken in the professional program are chemistry courses including theses, basic psychology practice courses, and psychology professional work practice courses [1]. Master of Professional Psychology has several majors or specializations in it, namely clinical that studies throughout the age range, clinical children or adults, education, and organizational industry.

There are several competencies or abilities that must be met by Master of Professional Psychology students to become a psychologist, namely students must have good assessment skills, including problem identification, determining assessment methods,

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administration to interpretation of psychological test tools used, integrating assessment data, establishing diagnoses, and conveying psychological examination results to clients [1].

The practice of psychology profession work is a learning process that requires emotional and social maturity. This is necessary because of demands or pressure from partner institutions, supervisors, and assignments and exams related to professional programs that can cause physical and emotional fatigue. These things can cause a decrease in learning motivation to feel depressed about the lecture environment. Some challenges and obstacles in the process of completing the study of Master of Professional Psychology students certainly make students have to have perseverance and consistency in their academic process [2].

Being a graduate or master student is not an easy thing because there are obstacles and challenges that are more difficult in completing education. Obstacles that can be experienced usually come from within and outside the individual. Students can overcome existing obstacles, if they have consistent goals and focus on completing education well. Students also need to have resilience in fighting and not give up easily when facing obstacles during the lecture process, so that they can complete their education on time. It can also be called grit, that is, perseverance [3].

Grit is an individual's ability to be able to maintain perseverance and motivation in his life in order to overcome obstacles and challenges in achieving goals during his life journey [4]. General concepts in grit theory are usually associated with perseverance, resilience, resilience, hard work, and the need for achievement [5]. Based on grit theory by Duckworth et al [6], grit has two aspects, namely consistency with interest (passion) and perseverance or persistence in trying (perseverance). Having grit can help individuals to control themselves because they will focus on long-term goals, such as completing undergraduate and even postgraduate education, maintaining a career, and others [7].

Research by Matero et al [8] shows that grit scores in 130 medical students are high. These students can complete a medical education program within 4 years. Meanwhile, students who complete 5 years of education have lower grit scores. According to this study, medical students who have grit or perseverance tend to show better academic performance. Other studies also state that students who have grit, are able to focus and do not give up easily in the face of unexpected situations, so they can avoid academic stress [9].

Grit has been linked to self-efficacy, i.e. individuals who want to improve grit must convince themselves that they can control their situations and actions by upholding

their intentions and motivations in life [10]. This is based on research conducted on 258 college students in the United States, showing that grit is positively associated with academic performance and self-efficacy. This study states that self-efficacy has a positive role to support grit in predicting academic performance [11]. Self-efficacy is an individual's confidence in his ability to do the task or work given and be able to complete the task well [12].

In addition to self-efficacy, the development of individual grit can also be influenced by social support. A study states that social support has a significant influence on grit. Social support has contributed to interest and perseverance in individuals in achieving their goals and ideals [13]. Research on students shows a positive and significant role in social support for grit. Social support contributes 21.2% to student academic engagement. This shows that students who get social support from family, friends, and lecturers, are more likely to have higher academic engagement. In addition, grit contributes 17.9% to academic engagement. Simultaneously, social support and grit contribute 30% to academic engagement in students [14].

Social support is a positive feeling that arises from getting attention, appreciation, and help from other people or groups or communities related to the activities being carried out. Social support illustrates that the resources provided by others can influence individual behavior [15]. According to House & Kahn [16] there are four types of social support, namely emotional support, judgmental support, informational support, and instrumental support.

Based on the explanations above, during the lecture process for Master of Professional Psychology students, consistency, enthusiasm, tenacity, patience, and even good self-endurance are needed to achieve the desired target. This is certainly a challenge for Master of Professional Psychology students to be able to complete their studies well and be able to face various kinds of problems faced. This research will focus on the role of self-efficacy and social support for grit in Master of Professional Psychology students in Indonesia. The hypothesis in this study is that there is a role of self-efficacy and social support for grit in Master of Professional Psychology students in Indonesia.

2. Method

This study used a quantitative non-experimental approach and used a research scale in the form of questionnaires or online surveys. The sampling method used is purposive sampling. The research was conducted on Master of Professional Psychology Students from various universities in Indonesia with clinical specialization, clinical children /

adults, education, and organizational industries with a total of 210 research participants. Researchers conducted readability and validity tests on 13 expert judgements and conducted research-scale trials on 50 participants of Master of Professional Psychology students.

After knowing the reliability and validity of the contents of each item, the researcher redistributed the scale of grit, self-efficacy, and social support research to Master of Professional Psychology students in Indonesia. The scale of this research is prepared based on the grit theory from Duckworth [5], namely consistency of interest (passion) and persistence in trying (perseverance) which amounts to 20 items. The next scale is the modified self-efficacy of Raihana's [17] research. The scale is prepared based on the theory of self-efficacy from Bandura [12] which has three dimensions, namely magnitude, strength, and generality totaling 20 items.

Finally, social support uses a scale modified from Riady's [18] research and adjusted to the context of the research to be carried out. The scale is used based on the theory of social support from House & Kahn [16] which has four types of social support, namely emotional support, assessment or reward, instrumental, and informational, totaling 22 aitems. The scale used in this study is the Likert Scale which has five answer choices, namely Strongly Agree (SA), Agree (S), Hesitate (H), Disagree (D), and Strongly Disagree (SD). The data analysis used is multiple regression analysis.

TABLE 1: Reliability and validity of each research instruments.

Variables	Alpha Cronbach	Aitem Power	Discrimination
Grit	0.908	0.261 – 0.884	
Self-Efficacy	0.850	0.249 – 0.669	
Social Support	0.885	0.253 – 0.680	

3. Result and Discussion

3.1. Presenting the Results

Based on tests that have been conducted in this study, self-efficacy and social support for grit in students of the Master of Professional Psychology psychology obtained a value of $F = 195,278$, with a significance value = .000 ($p < .05$) and R square = .654. These results show that there is a significant role between self-efficacy and concomitant social support on grit in Master of Professional Psychology students. This means that

grit can be explained by self-efficacy and social support by 65.4%, while the remaining 34.6% can be influenced by other factors or variables not studied in this study.

TABLE 2: Multiple regression analysis.

Variables	β	R ²	p	F-test	p	R ² Grit
Self-Efficacy	0.303	0.588	0.003	195.278	0.000	0.654
Social Support	0.632	0.639	0.000			

3.2. Create a Discussion

According to Duckworth [5] there are internal and external factors that can affect grit, interest, practice or practice, purpose, and hope. External factors can be received by students from others or called social support. In addition to this, there are also several other factors that can affect grit, namely self efficacy and self compatibility [19]. According to research Sasmita & Rustika [20] states that students who have a strong belief in their abilities tend to be more persistent and do not give up easily in achieving their goals despite facing various challenges and difficulties.

Other studies also state that self-efficacy has an important role to increase learning motivation and commitment in students to achieve their academic goals [21]. According to the statement, it is important for students to have confidence in their abilities. Students who are confident in their abilities tend to be motivated and more persistent to achieve their goals. Grit is a long-term protective factor against academic burnout that commonly occurs in professional students, such as medicine and nursing [22]. The existence of grit can support students in planning, directing and determining the future well [23].

The existence of social support can also increase grit in professional students. This has an impact on improving academic performance and reducing academic burnout, as well as adequate information support and emotional support, which can also help students' mental health [24]. Students who have high self-efficacy and social support during the education period, tend to have stress levels that are not too high [25]. This support can be a source of motivation for students to be persistent in facing stressful situations during the lecture process. The existence of social support can help students to be more productive and resilient when facing problems or obstacles.

Research states that graduate students who have grit, have good self-confidence and can improve their academic performance. Lecturers or instructors are expected to play an active role in improving the perseverance of these students, so that students can complete their study programs on time [26]. Usually, students will begin to look difficult

when working on the Professional Work Practice of Psychologists (PKPP). Various kinds of difficulties or obstacles must be faced, such as difficulties in getting and approaching clients so that the assessment can run smoothly, testing, in-depth analysis of client cases, deepening theory and intervention. In fact, not infrequently in the middle of PKPP activities students begin to feel confusion in handling cases, decreased motivation, stress, and illness.

Individual grit levels can affect performance in various fields, especially the field of education [27]. Then, there are several factors that can affect grit, namely interest or desire in individuals, training to improve skills, the existence of goals that have been set, and the hope that the future will be better than the present [28]. The desire for students to improve these factors in themselves can be a support to run and complete the lecture process of the psychology profession well.

4. Conclusion

Based on the results of research that has been conducted, it can be concluded that self-efficacy and social support together have a role in grit in Master of Professional Psychology students in Indonesia, so that the hypothesis of this study can be accepted. Partially, self-efficacy has a role in the grit of Master of Professional Psychology students. This is also similar to social support that has a role in the grit of Master of Professional Psychology students.

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