

SELF-EFFICACY AND HOMESICKNESS IN UKSW MIGRANT STUDENTS FROM BITUNG CITY

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ABSTRACT

In this quantitative correlational research, the primary objective is to elucidate the relationship between self-efficacy and homesickness among a cohort of 77 UKSW migrant students hailing from Bitung City. The study employs a saturated sampling technique to ensure comprehensive participant representation. The research instrument integrates the well-established general self-efficacy scale (GSES), developed by Schwarzer and Jerusalem, and the homesickness questionnaire (HQ), crafted by Archer. Upon conducting data analysis using the Product Moment Pearson correlation technique, the study reveals a noteworthy correlation coefficient (r_{xy}) of -0.671, accompanied by a significance value of 0.000 (p < 0.05). This statistical outcome signifies a significant negative relationship between self-efficacy and homesickness in UKSW migrant students from Bitung City. Essentially, the findings suggest that heightened levels of self-efficacy are associated with diminished experiences of homesickness. Conversely, lower levels of self-efficacy are linked to increased homesickness among this student cohort. This research sheds light on the pivotal role of self-efficacy in influencing the emotional well-being of international students, particularly in the context of homesickness. The implications extend to the development of targeted interventions and support strategies aimed at enhancing the overall resilience and adjustment of migrant students. Future research endeavors may delve deeper into additional factors influencing homesickness and explore effective intervention strategies to bolster self-efficacy, thereby addressing the multifaceted challenges faced by international students.

Keywords: *Self-efficacy, homesickness, migrant student*

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INTRODUCTION

Education is a conscious and planned effort carried out to create a learning atmosphere and learning process so that students can actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, noble morals, and the skills needed by themselves, society, the nation and state (UUD No. 20, 2003). One way to get education is by pursuing further education at the tertiary level where students are called students. As a student, when studying outside the city or island, you can be called an migrant students. Migrant itself can be defined as a state of being far from one's place of origin experienced by individuals with a specific goal (Sholik et al., 2016). Migrant also means that individuals will move and settle in a new area or place, which can have an impact on the separation that individuals will feel in their daily environment such as their home environment, daily patterns, family and also friendships which of course have become part of their life (Yasmin, 2018). Separation of individuals from their original environment can cause complex reactions such as emotional, somatic, cognitive and even behavioral which can be called homesickness (van Tilburg & Vingerhoets, 2006).

Moving to a new environment can give rise to a strange perception in some teenagers, including those in their late teens, where habits, atmosphere, even the role of attached figures and missing social circles can result in them experiencing homesickness (Stroebe et al., 2015). Homesickness is a negative emotional condition due to separation from the home environment

and the symptoms that can be found usually include difficulty adjusting to a new home environment and a feeling of longing for home life (Stroebe et al., 2002). Experiencing homesickness causes individuals in their late teens, more specifically students, to feel an inability to handle the longing they experience, which is very likely to cause a situation where they will be lazy about studying, have negative thoughts, experience stress, frustration, have negative emotions, have difficulty to communicate, lose the enthusiasm for life, which is very likely to affect health and ongoing educational activities (Mozafarinia & Tavafian, 2014).

According to Fisher (1989), the phenomenon of homesickness itself can be experienced by 50% -70% of the world's population at least once in their lifetime, which also includes UKSW migrant students from Bitung City. In this way, in line with the statement put forward by Thurber & Walton (2012), most students who experience living away from their home or hometown for the first time are at higher risk of experiencing homesickness. Research conducted by Rahayu (2021) supports the previous statement that new students are in a transition period or a new condition when students first become students, busy schedules and a new environment and homesickness can trigger depression in students. According to Archer et al. (1998) homesickness is a form of response to feelings of grief which includes disturbing negative thoughts, a strong desire to return home, unstable emotional states, anxiety, depression and behavior of seeking and maintaining contact. Still according to Archer et al. (1998) explained that homesickness itself can be divided into two aspects or dimensions, namely difficulty adapting and attachment to home.

Several factors that influence homesickness were revealed by Maya Yasmin et al. (2018), namely: personality type, attachment, parenting style, coping with stress, self-efficacy, self-esteem, experience, locus of control, social support. Of these several factors, the author took one factor that is in accordance with the conditions and phenomena above, namely self-efficacy. The term self-efficacy was first proposed by Bandura (1986) with his social learning theory. According to Bandura (in Rosen, 2020), self-efficacy is a personal assessment or belief about how an individual can carry out a series of actions needed to face a prospective situation. Quoting According to Robbins et al. (2016), self-efficacy is an individual's belief in his or her abilities which provides an overview of the thought patterns, influences, motivations and actions that a person must take. Bandura (1997) states that self-efficacy is basically the result of cognitive processes in the form of decisions, beliefs, or expectations about the extent to which individuals estimate their ability to carry out certain tasks or actions needed to achieve the desired results. Apart from that, self-efficacy is also defined as a person's belief in himself regarding how great his ability is to carry out a particular task which will ultimately influence his mindset and strength to survive in facing that task. In self-efficacy too, there are 3 dimensions if quoted from Bandura (1995) where, to assess a person's level of self-efficacy can be done through three dimensions, namely, the level of difficulty of the task, the breadth of the field of behavior, the stability of beliefs. Self-efficacy contributes to individuals carrying out actions that require the right steps so that what the individual hopes can be carried out. Bandura (1995) describes the function or role of self-efficacy, namely, choice behavior, effort and endurance, thought patterns and emotional reactions.

Several researchers have previously conducted research regarding the relationship between self-efficacy and homesickness. In research conducted by Smith (2007), it was found that there was a significant negative relationship between self-efficacy and homesickness, where

individuals who did not experience homesickness had high self-efficacy and vice versa. Research conducted by Arlindie (2019) also shows that self-efficacy is negatively and significantly correlated with homesickness. In line with research conducted by Shal et al. (2011) shows that one of the factors that can influence homesickness is self-efficacy, where homesickness and self-efficacy have a significant and negative relationship. Other researchers also link homesickness with other variables as well as self-efficacy with other variables, for example, research conducted by Nejad et al. (2013), shows that if individuals have good social skills, they will develop happier and stronger relationships with the environment around them and can reduce feelings of longing and loneliness for home (homesickness). Research that has a relationship and correlation with this research is also research conducted by Novanda (2018), which shows that self-efficacy is related to achievement motivation, where the presence of good self-efficacy will increase individual achievement motivation.

METHOD

The type of design in this research uses a quantitative approach with a correlational research design. In this research, the variable we want to know is the relationship between self-efficacy and homesickness in UKSW migrant students from Bitung City. The population in this study were UKSW migrant students employees from Bitung City with a total of 77 students and all members of the population were samples or research participants using saturated sampling techniques.

The measuring instrument used in this research uses a scale modified from the Likert scale with 4 alternative answers, namely SS (Very Suitable), S (Suitable), TS (Not Suitable), STS (Very Unsuitable). The scores for favorable items are from 4 to 1 with a score of 4 for SS to STS with a score of 1. Meanwhile, unfavorable items have a score of 4 for STS up to a score of 1 for SS.

The scale used to measure self-efficacy is the General Self-efficacy Scale which is a comprehensive measurement instrument in various situations created and developed by Schwarzer & Jerusalem (2014). There are 10 items in the GSES, all of which are favorable, with the resulting reliability value on this scale being 0.944.

The scale used to measure homesickness is the homesickness questionnaire (HQ) created and developed by (Archer et al. 1998), with 31 items, of which there are 24 favorable items and 7 unfavorable items. The resulting reliability value on this scale is 0.960. Based on these results, the self-efficacy and homesickness scales can be said to be reliable.

Self-Efficacy Scale Blueprint

Aspect	Item Favorable	Item Unfavorable	Total
Level	1, 9	-	2
Strength	2, 3, 4, 5, 7	-	5
Generality	6, 8, 10	-	3
Total	10	0	10

Homesickness Scale Blueprint

Dimention	Item Favorable	Aitem Unfavorable	Total
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Attachment to home	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13	26,28, 29, 30, 31	18
Difficult to adjust	14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24	32, 33	13
Total	24	7	31

Reliability Test Results

Variable	Cronbach Alpha	Cronbach Alpha Criteria	Information
Self-efficacy	0,944	>0.60	Reliable
Homesickness	0,960	>0.60	Reliable

The analysis technique used to analyze the data is the product moment correlation technique from Pearson using the IBM SPSS Statistics 21.0, IBM SPSS Statistics 25.0 and Microsoft Excel programs.

RESULTS AND DISCUSSION

The correlation coefficient results using Pearson's product moment correlation technique are -0.671 with a significance value = 0.000 ($p < 0.05$), which means there is a significant negative relationship between self-efficacy and homesickness. The higher the self-efficacy, the lower the homesickness, and conversely, the lower the self-efficacy, the lower the homesickness. These results show that the hypothesis in this research is accepted.

Pearson Correlations

		SE	Homesickness
<i>SE</i>	<i>Pearson Correlation</i>	<i>1</i>	<i>-.682**</i>
	<i>Sig. (1-tailed)</i>		<i>.000</i>
	<i>N</i>	<i>77</i>	<i>77</i>
<i>Homesickness</i>	<i>Pearson Correlation</i>	<i>-</i>	<i>1</i>
	<i>Sig. (1-tailed)</i>	<i>.682**</i>	<i>.000</i>
	<i>N</i>	<i>77</i>	<i>77</i>

There are several possibilities that cause job satisfaction to have a negative and significant effect on turnover intention. First, some employees consider the work they are currently doing as a way to survive on the wages they receive from their work. Even though some employees have complained about the work they do, they still choose to stay with the company. This is supported by research conducted by Tognoli (2003) which states that the hope of earning money is the only reason for most employees to work and stay in a company. Second, related to the first aspect, namely satisfaction with the job itself, most employees feel happy working for the company, especially for those who feel suited to the tasks they are doing so they work with enthusiasm and choose not to leave the company. This is in line with research by Thurber et al. (2007) who believe that job satisfaction is essentially what makes someone happy in doing their job. This discussion is also supported by research conducted by Kurniawaty et al.

(2019) which shows the results that job satisfaction plays a role and influences the level of turnover intention.

From this research, it is known that the level of job satisfaction contributes to changes in employee turnover intention by 59%. This shows that employees receive support both materially and non-materially in terms of their level of job satisfaction so that their tendency to leave the company becomes smaller. Apart from the contributions made by this research, there are several other factors that can influence employee turnover intention. There are several studies that explain the factors that can influence turnover intention, one of which is research conducted by Greenglass et al. (2006) which states that factors that can influence turnover intention other than job satisfaction include work stress, employee relationships with other people, compensation, work environment, organizational culture, and organizational commitment.

CONCLUSION

Based on the analysis results from this research, it can be concluded that there is a negative and significant relationship between self-efficacy and homesickness in UKSW migrant students from Bitung City. This means that the higher the self-efficacy, the lower the level of homesickness, conversely, the lower the self-efficacy, the higher the level of homesickness.

This research is of course not free from limitations and weaknesses, where the researcher carried out the data collection process only using Google forms and did not meet directly with all participants. It is hoped that migrant students will be able to realize the importance of having and increasing self-efficacy to overcome homesickness. Future researchers are expected to carry out this research in other regions or places so that they can find out about the phenomenon of self-efficacy and homesickness of migrant students from Bitung City who are currently studying at other universities. Homesickness can be experienced by all migrants, so it is hoped that in the future there will be research that examines self-efficacy and homesickness in groups of migrants other than migrant students. Finally, it is hoped that there will be development of research carried out on a broader scale regarding the relationship between self-efficacy and homesickness.

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