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# THE EFFECT OF SELF-EFFICACY AND SOCIAL SUPPORT ON SELF-ADJUSTMENT IN STUDENTS AT PANJATEK VOCATIONAL HIGH SCHOOL IN BEKASI

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**Abstract**
This study aims to determine the effect of Self-Efficacy (X1) and Social Support (X2) on Self-Adjustment (Y) among students at SMK Panjatek Bekasi. This study uses a quantitative approach with a survey method as the data collection technique. The population consists of 366 tenth-grade students at SMK Panjatek Bekasi, with a sample size of 177 students determined based on the Isaac & Michael table. The sampling technique used is probability sampling of the proportionate random sampling type. The research instrument was a Likert-scale questionnaire. Data were analyzed using SPSS version 27.0. The analysis techniques included classical assumption tests (normality, linearity, multicollinearity, and heteroscedasticity), multiple linear regression, hypothesis testing (t-test and F-test), and determination coefficient testing ($R^2$). The test results showed that the data were normally distributed, the relationship between variables was linear, there was no multicollinearity (VIF < 10, Tolerance > 0.1), and the data were free from heteroscedasticity. The results of the multiple linear regression indicate that Self-Efficacy and Social Support simultaneously and partially influence Self-Adjustment (Sig. < 0.05). The conclusion of this study is that self-efficacy and social support have a positive and significant effect on self-adjustment among 10th-grade students at SMK Panjatek Bekasi.

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Self-Adjustment; Self-Efficacy; Social Support

**Abstrak**
Penelitian ini bertujuan untuk mengetahui pengaruh Efikasi Diri (X1) dan Dukungan Sosial (X2) terhadap Penyesuaian Diri (Y) pada siswa SMK Panjatek Bekasi. Penelitian ini menggunakan pendekatan kuantitatif dengan metode survei sebagai teknik pengumpulan data. Populasi terdiri dari 366 siswa kelas X SMK Panjatek Bekasi, dengan jumlah sampel sebanyak 177 siswa yang ditentukan berdasarkan tabel *Isaac & Michael*. Teknik pengambilan sampel menggunakan teknik *probability sampling* jenis *proportionate random sampling*. Instrumen penelitian berupa kuesioner berskala *likert*. Data dianalisis menggunakan SPSS versi 27.0. Teknik analisis mencakup uji asumsi klasik (normalitas, linearitas, multikolinearitas, dan heteroskedastisitas), regresi linier berganda, uji hipotesis (uji t dan uji F), serta uji koefisien determinasi ($R^2$). Hasil uji menunjukkan bahwa data berdistribusi normal, hubungan antar variabel bersifat linear, tidak terjadi multikolinearitas (VIF < 10, Tolerance > 0,1), dan data bebas dari heteroskedastisitas. Hasil regresi linier berganda menunjukkan bahwa Efikasi Diri dan Dukungan Sosial berpengaruh secara simultan dan parsial terhadap Penyesuaian Diri (Sig. < 0,05). Kesimpulan dalam penelitian ini adalah efikasi diri dan dukungan sosial berpengaruh

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**Kata Kunci**
Penyesuaian Diri; Efikasi Diri; Dukungan Sosial

positif dan signifikan terhadap penyesuaian diri pada siswa kelas X SMK Panjatek Bekasi.

## INTRODUCTION

Adolescence is an important phase in an individual's life, marked by significant physical, cognitive, and social changes. Vocational high school students in this age range are required to be able to adapt optimally to academic, social, and vocational pressures. The process of adaptation becomes increasingly complex because students are not only required to succeed academically, but also to be prepared for the world of work directly. (Lasarte et al., 2020).

Self-adjustment is defined as a process that includes mental and behavioral responses in dealing with conflict and frustration, in order to achieve harmony with oneself and one's environment (Schneider, 1955). The transition period in secondary school, especially vocational high schools (SMK), requires not only technical skills but also strong psychological abilities.

Many students struggle to cope with academic and social pressures. CNN (March 2022) reported that more than a third (37%) of high school students in the United States experience poor mental health, while students who feel close to people at school are significantly less likely to experience such problems (McPhillips, 2022). Another factor that influences adjustment is self-efficacy, which is students' belief in their ability to complete tasks or face challenges. Maharani (2022) states that students with high self-efficacy demonstrate better academic performance and are more active in learning activities.

Pre-survey data collected by researchers on students at SMK Panjatek Bekasi showed that 67% of students experienced difficulties in adjusting, with the majority caused by low self-efficacy (27%) and social support (30%). These findings reflect the actual conditions in the field that require empirical data-based handling. Therefore, this study aims to systematically examine the influence of self-efficacy and social support on vocational high school students' adjustment using a quantitative approach.

## METHOD

This study uses a quantitative approach. Data collection techniques were carried out using a survey method, which aims to obtain information by compiling a series of structured questions for respondents. Surveys are used as a tool to collect data that can represent the entire population through a defined sample (Creswell & Creswell, 2018). Data processing was carried out using SPSS software version 27.0. The data collection instrument used was a Likert scale questionnaire with five alternative response options.

**Table 1. Likert Scale**

| Alternative Answer | Scoring | |
|---|---|---|
| | Positive | Negative |
| Sangat Setuju (SS) | 5 | 1 |
| Setuju (S) | 4 | 2 |
| Ragu-Ragu (RR) | 3 | 3 |
| Tidak Setuju (TS) | 2 | 4 |
| Sangat Tidak Setuju (STS) | 1 | 5 |

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The population in this study included all 366 tenth-grade students at SMK Panjatek Bekasi. The sample was determined using proportionate random sampling. The sample was adjusted proportionally based on each department, namely Mechanical Engineering (TP), Light Vehicle Engineering (TKR), Computer and Network Engineering (TKJ), and Office Management and Business Services (MPLB). The sample size was determined based on the Isaac and Michael table with a margin of error of 5%.

**Table 2. Data on Students at Vocational School Panjatek Bekasi**

| No | Class | Amount | Error Level Calculation | Sample Proportion |
|---|---|---|---|---|
| 1. | Teknik Permesinan | 62 | (62/366) x 177 = 29,9 | 30 |
| 2. | Teknik Kendaraan Ringan | 104 | (104/366) x 177 = 50,2 | 50 |
| 3. | Teknik Komputer dan Jaringan | 110 | (110/366) x 177 = 53,1 | 53 |
| 4. | Manajemen Perkantoran dan Layanan Bisnis | 90 | (90/366) x 177 = 43,5 | 44 |
| **Total** | | **366** | | **177** |

## RESULTS AND DISCUSSION

### Results

Before testing the proposed hypothesis, the first step is to test the prerequisites for analysis, particularly those related to sample normality. The normality test aims to determine whether the data is normally distributed, given that normal distribution is a key requirement in parametric analysis. The normality test in this study was conducted using the Kolmogorov-Smirnov test to determine whether the distribution of data for each variable met the criteria for normality. The decision criteria based on the Kolmogorov-Smirnov test are: if the significance value is greater than 0.05, the data is considered to be normally distributed; conversely, if the significance value is less than 0.05, the data is declared to be not normally distributed.

**Table 3. Kolmogorov-Smirnov Normality Test**

**One-Sample Kolmogorov-Smirnov Test**

| | | Unstandardized Residual |
|---|---|---|
| N | | 177 |
| Normal Parameters[a,b] | Mean | .0000000 |
| | Std. Deviation | 3.94617045 |
| Most Extreme Differences | Absolute | .055 |
| | Positive | .055 |
| | Negative | -.052 |
| Test Statistic | | .055 |
| Asymp. Sig. (2-tailed)[c] | | .200[d] |

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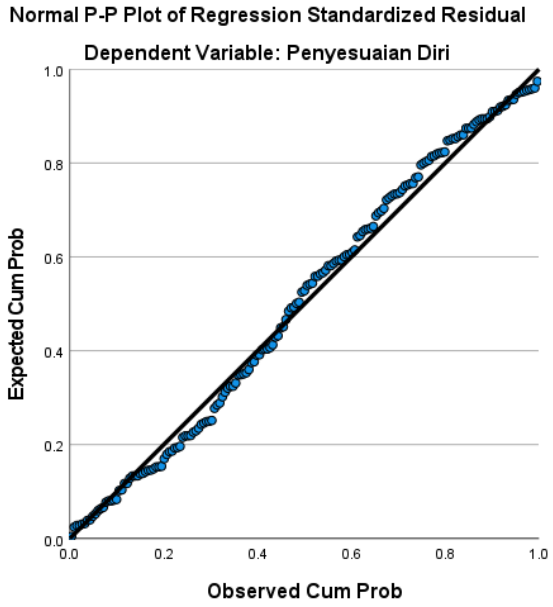
a. Test distribution is Normal.
b. Calculated from data.
c. Lilliefors Significance Correction.
d. This is a lower bound of the true significance.

Based on the test results, an Asymp. Sig value of 0.200 was obtained, which is greater than 0.05, so it can be concluded that the data has a normal distribution. In addition to the Kolmogorov-Smirnov test, data normality can also be analyzed using a Normal Probability Plot. The following is a visualization of the normality test results obtained using SPSS version 27.0:

**Picture 1. Probabylity Plot Normality Test**




Based on the image, it can be seen that the data is scattered around the diagonal line and follows the pattern of the line, indicating that the data is normally distributed and the regression model meets the assumption of normality.

A linearity test was conducted to determine whether there is a significant linear relationship between the two variables. The results of the linearity test with a significance level of 0.05 can be seen in the following SPSS output:

**Table 4. Testing the Linearity of Self-Efficacy (X1) with Self-Adjustment (Y)**

ANOVA Table

| | | | Sum of Squares | df | Mean Square | F | Sig. |
|---|---|---|---|---|---|---|---|
| Penyesuaian Diri * Efikasi Diri | Between Groups | (Combined) | 766.334 | 26 | 29.474 | 1.714 | .024 |
| | | Linearity | 513.766 | 1 | 513.766 | 29.880 | <,001 |
| | | Deviation from Linearity | 252.567 | 25 | 10.103 | .588 | .940 |
| | Within Groups | | 2579.169 | 150 | 17.194 | | |
| | Total | | 3345.503 | 176 | | | |

Based on the table above, the significance value for Deviation from Linearity is 0.940 (> 0.05), indicating that there is no deviation from linearity, meaning that there is a linear relationship between the variables Self-Efficacy (X1) and Self-Adjustment (Y).

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**Table 5. Linearity Test of Social Support (X2) with Self-Adjustment (Y)**

ANOVA Table

| | | | Sum of Squares | df | Mean Square | F | Sig. |
|---|---|---|---|---|---|---|---|
| Penyesuaian Diri * Dukungan Sosial | Between Groups | (Combined) | 558.128 | 25 | 22.325 | 1.209 | .240 |
| | | Linearity | 164.109 | 1 | 164.109 | 8.890 | .003 |
| | | Deviation from Linearity | 394.019 | 24 | 16.417 | .889 | .616 |
| | Within Groups | | 2787.375 | 151 | 18.459 | | |
| | Total | | 3345.503 | 176 | | | |

Based on the table above, the significance value for Deviation from Linearity is 0.616 (> 0.05), indicating that there is no deviation from linearity, meaning that there is a linear relationship between the Social Support (X2) variable and Self-Adjustment (Y).

**Table 6. Multikolinearity Test**

Coefficients[a]

| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. | Collinearity Statistics | |
|---|---|---|---|---|---|---|---|---|
| | | B | Std. Error | Beta | | | Tolerance | VIF |
| 1 | (Constant) | 37.653 | 3.056 | | 12.322 | <,001 | | |
| | Efikasi Diri | .260 | .049 | .367 | 5.289 | <,001 | .978 | 1.023 |
| | Dukungan Sosial | .125 | .052 | .167 | 2.404 | .017 | .978 | 1.023 |

a. Dependent Variable: Penyesuaian Diri

Based on the table above, all independent variables have a Tolerance value of 0.978 (> 0.10) and a VIF value of 1.023 (< 10). Therefore, it can be concluded that there is no multicollinearity between the variables of self-efficacy and social support, so the assumption of no multicollinearity has been fulfilled.

The heteroscedasticity test was used to determine whether there was unequal variance in the residuals of the regression model. The method used is the Glejser test, by examining the significance value (Sig.) of the absolute residual regression for each independent variable. The decision criterion is that if the Sig. value is > 0.05, then there is no heteroscedasticity. Conversely, if the Sig. value is < 0.05, then heteroscedasticity is present.

**Table 7. Glejser Heteroscedasticity Test**

Coefficients[a]

| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
|---|---|---|---|---|---|---|
| | | B | Std. Error | Beta | | |
| 1 | (Constant) | .235 | 1.628 | | .145 | .885 |
| | Efikasi Diri | .035 | .026 | .100 | 1.320 | .189 |
| | Dukungan Sosial | .032 | .028 | .088 | 1.166 | .245 |

a. Dependent Variable: Abs_Res

Based on the table above, the significance value for the Self-Efficacy variable is 0.189 and Social Support is 0.245, both of which are greater than 0.05. Therefore, it can be concluded that there is no heteroscedasticity. In addition to using the Glejser Test, heteroscedasticity can be seen from the Scatterplot Graph.

**Picture 2. Scatterplot of Heteroscedasticity**

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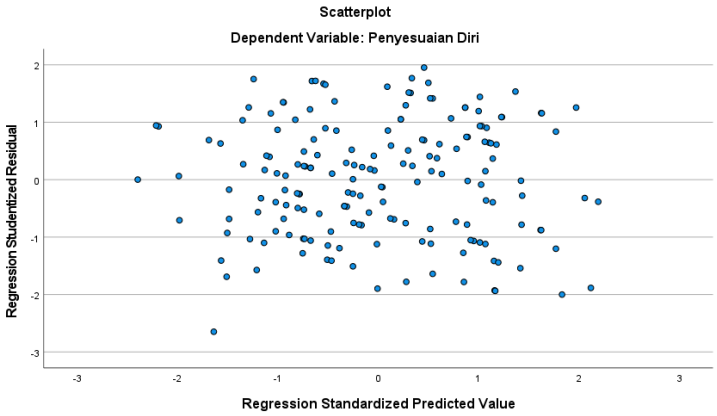


Based on the scatterplot graph above, it can be seen that the points are scattered and do not form a specific pattern, and the distribution tends to be random. Therefore, it can be concluded that there is no evidence of heteroscedasticity in the regression model of this study.

Multiple linear regression analysis was used to determine the simultaneous and partial effects of independent variables on the dependent variable. In this study, the independent variables consist of Self-Efficacy (X1) and Social Support (X2), while the dependent variable is Self-Adjustment (Y). The following is the calculation of the multiple regression analysis using SPSS 27:

**Table 8. Multiple Linear Regression Test**

**Coefficients[a]**

| Model | | Unstandardized Coefficients | | Standardized Coefficients | | | Collinearity Statistics | |
|---|---|---|---|---|---|---|---|---|
| | | B | Std. Error | Beta | t | Sig. | Tolerance | VIF |
| 1 | (Constant) | 37.653 | 3.056 | | 12.322 | <,001 | | |
| | Efikasi Diri | .260 | .049 | .367 | 5.289 | <,001 | .978 | 1.023 |
| | Dukungan Sosial | .125 | .052 | .167 | 2.404 | .017 | .978 | 1.023 |

a. Dependent Variable: Penyesuaian Diri

Based on the table above, the following multiple linear regression equation is obtained:

$$\hat{Y} = 37{,}653 + 0.260X_1 + 0.125X_2$$

The constant of 37.628 indicates that when Self-Efficacy (X1) and Social Support (X2) are zero, Self-Adjustment (Y) is 37.628. The regression coefficient for X1 is 0.260, indicating that each one-unit increase in Self-Efficacy increases Self-Adjustment by 0.260, with all other variables held constant. Meanwhile, the coefficient for X2 is 0.125, indicating that each one-unit increase in Social Support increases Self-Adjustment by 0.125, assuming all other variables remain constant.

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**Table 9. Coefficient of Determination Test**

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**Model Summary[b]**

| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate |
|---|---|---|---|---|
| 1 | .425[a] | .181 | .171 | 3.969 |

a. Predictors: (Constant), Dukungan Sosial, Efikasi Diri

b. Dependent Variable: Penyesuaian Diri

The coefficient of determination (R Square) is a measure that indicates the percentage of variation in the dependent variable (Y) that can be explained by the independent variables (X1 and X2) in a regression model. The R Square value ranges from 0 to 1, where R2 = 0 means that the independent variables have no effect on the dependent variable. Conversely, if $R^2 = 1$, it means that the independent variables have a perfect effect on the dependent variable.

Based on the table above, the R Square value is 0.181, which means that self-efficacy and social support together can explain 18.1% of the variation in the self-adjustment variable. The remaining 81.9% is explained by other variables that were not studied.

The F-test or regression coefficient test aims to determine the combined effect of independent variables on the dependent variable simultaneously.

**Table 10. F-test (Simultaneous Test)**

**ANOVA[a]**

| Model | | Sum of Squares | df | Mean Square | F | Sig. |
|---|---|---|---|---|---|---|
| 1 | Regression | 604.785 | 2 | 302.392 | 19.198 | <,001[b] |
| | Residual | 2740.718 | 174 | 15.751 | | |
| | Total | 3345.503 | 176 | | | |

a. Dependent Variable: Penyesuaian Diri

b. Predictors: (Constant), Dukungan Sosial, Efikasi Diri

Based on the table above, the Fcount value is 19.198 with a significance (Sig.) of < 0.001. The Ftable value can be found in the statistical table with a significance level of 0.05, df 1 (number of variables – 1) 3-1=2, and df 2 – n-k-1 (where n is the number of respondents and k is the number of independent variables) or 177 – 2 – 1 = 174. The Ftable value is 3.05. This means that Fcount 19.198 > Ftable 3.05 and the significance level 0.001 < 0.05, so it can be concluded that the variables Self-Efficacy (X1) and Social Support (X2) simultaneously have a significant effect on the variable Self-Adjustment (Y).

**Table 11. T-test (Partial Test)**

**Coefficients[a]**

| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. | Collinearity Statistics | |
|---|---|---|---|---|---|---|---|---|
| | | B | Std. Error | Beta | | | Tolerance | VIF |
| 1 | (Constant) | 37.653 | 3.056 | | 12.322 | <,001 | | |
| | Efikasi Diri | .260 | .049 | .367 | 5.289 | <,001 | .978 | 1.023 |
| | Dukungan Sosial | .125 | .052 | .167 | 2.404 | .017 | .978 | 1.023 |

a. Dependent Variable: Penyesuaian Diri

The T-test or partial test is conducted to determine the effect of each independent variable on the dependent variable partially. This test is used to test hypotheses partially by

comparing the significance value (Sig.) with the significance level (α = 0.05). The decision criteria in the t-test are as follows: if Sig. < 0.05, then H0 is rejected, indicating a significant effect. Conversely, if Sig. > 0.05, then H0 is accepted, indicating no significant effect.

Based on the table above, the calculated t-value for self-efficacy (X1) is 5.289, and the critical t-value can be found in the t-distribution table at the significance level using the formula t-table = (α/2; n – k – 1) = (0.05/2; 177-2-1) = (0.025; 174), resulting in a t-table value of 1.973. Based on the above results, it can be seen that the t-calculated value for self-efficacy of 5.289 > 1.973 t-table, so H0 is accepted, concluding that self-efficacy (X1) has a partial effect on self-adjustment (Y).

Additionally, based on the table above, it can be seen that social support has a t-calculated value of 2.404 and a t-table value as seen in the statistical table with the formula t-table (α/2; n – k – 1) = (0.05/2; 177-2-1) = (0.025; 174) = 1.973. Since the t-calculated value for social support (2.404) is greater than the t-table value (1.973), H0 is accepted, concluding that social support (X2) partially influences self-adjustment (Y).

**Discussions**

Based on the calculations made by the researchers, it can be concluded that self-efficacy and social support influence self-adjustment. In other words, the higher the level of self-efficacy of students, the higher their self-adjustment. Conversely, the lower the students' self-efficacy, the lower their level of self-adjustment. Similarly, the higher the students' social support, the higher their level of self-adjustment. Conversely, the lower the social support for students, the lower their level of self-adjustment.

These findings also support the results of a previous study by Nikmaturofiqoh (2023) titled “The Influence of Social Support and Academic Self-Efficacy on the Academic Adjustment of Grade X Business Management Students at SMKN 48,” which states that social support and academic self-efficacy together – significantly influence students' academic adjustment at SMKN 48 Jakarta.

These findings also support the results of previous research by Nuraini, Rini dan Pratitis (2021) which found that self-efficacy and social support are positively and significantly related to self-adjustment in new students. This reinforces the argument that when individuals have confidence in their abilities and feel supported by their social environment, their ability to adapt or adjust to environmental changes will also increase.

## CONCLUSION

Based on the results of the study on the influence of self-efficacy and social support on self-adjustment among 10th grade students at SMK Panjatek Bekasi, using the statistical data described above, the following conclusions can be drawn:

1. It is known that the t-value for self-efficacy is 5.289 > t-table 1.973. Based on the results of the hypothesis test, it can be concluded that there is a positive and significant influence between the self-efficacy variable (X1) and self-adjustment (Y).
2. It is known that the t-calculated value for social support is 2.404 > t-table 1.973. Based on the results of the hypothesis test, it can be concluded that there is a positive and significant influence between the social support variable (X2) and self-adjustment (Y).
3. Furthermore, it is known that the calculated F value is 19.198 > the table F value of 3.05, and it can be concluded that there is a positive and significant influence between the variables of self-efficacy (X1) and social support (X2) on self-adjustment (Y).

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