

**PENGARUH PERFEKSIONISME TERHADAP KECENDERUNGAN  
SOMATIC SYMPTOM DISORDERS DIMODERASI OLEH REGULASI DIRI  
PADA MAHASISWA UNIVERSITAS PENDIDIKAN INDONESIA**

**SKRIPSI**

Disusun untuk memenuhi salah satu syarat memperoleh gelar  
Sarjana Psikologi di Program Studi Psikologi Fakultas Ilmu  
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FAKULTAS ILMU PENDIDIKAN  
UNIVERSITAS PENDIDIKAN INDONESIA  
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2023**

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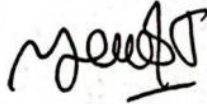
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## ABSTRAK

**Anisa Bela (1910031)**, *Pengaruh Perfeksionisme terhadap Kecenderungan Somatic symptom disorders Dimoderasi oleh Regulasi Diri pada Mahasiswa Universitas Pendidikan Indonesia*. Skripsi, Program Studi Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia, Bandung (2023).

Penelitian ini bertujuan untuk mengetahui pengaruh perfeksionisme terhadap kecenderungan *somatic symptom disorders* yang dimoderasi oleh regulasi diri pada mahasiswa Universitas Pendidikan Indonesia. Subjek pada penelitian ini merupakan mahasiswa/i UPI yang sedang menempuh pendidikan sarjana (N=454). Teknik sampling yang digunakan adalah *purposive sampling* dengan rumus penentuan jumlah sampel minimal menggunakan rumus Slovin (1960) dengan angka margin error 5%. Instrumen yang digunakan untuk mengukur perfeksionisme adalah versi adaptasi dari *Perfectionism Inventory* (PI), *somatic symptom disorders* adalah modifikasi dari SSD-12, dan instrument yang digunakan untuk mengukur regulasi diri adalah *Self-Regulation Scale* (SRS). Proses pengumpulan data dilakukan secara *online* dan *offline* dengan menyebarkan link kuesioner di beberapa *platform* media sosial dan pengisian kuesioner melalui gadget secara langsung didalam kelas. Analisis data menggunakan uji regresi linear dan *Moderated Regression Analysis* (MRA) dengan menggunakan bantuan *software SPSS for windows*. Hasil penelitian menunjukkan bahwa variabel regulasi diri tidak dapat memoderasi pengaruh perfeksionisme terhadap *somatic symptom disorders* secara signifikan ( $\alpha = 0,161$ ).

**Kata Kunci:** *Perfeksionisme, Somatic Symptom Disorders, Regulasi Diri, Mahasiswa*

## ABSTRACT

**Anisa Bela (1910031)**, *The Effect of Perfectionism on the Tendency of Somatic symptom disorders is Moderated by Self-Regulation in Indonesian University of Education Students*. Thesis. Psychology Study Program, Faculty of Education, Indonesian of Education, Bandung (2023).

This study aims to determine the effect of perfectionism on the tendency of *somatic* symptom disorders is moderated by self-regulation in Indonesian University of Education students. The subjects in this study were UPI students who were pursuing undergraduate education (N=454). The sampling technique used is purposive sampling with the formula for determining the minimum number of samples using the Slovin formula (1960) with a 5% margin of error. The instrument used to measure perfectionism is an adapted version of the Perfectionism Inventory (PI), *somatic* symptom disorders is a modification of SSD-12, and the instrument used to measure self-regulation is the Self-Regulation Scale (SRS). The data collection process was carried out online and offline by distributing questionnaire links on several social media platforms and filling out questionnaires via gadgets directly in class. Data analysis used linear regression test and Moderated Regression Analysis (MRA) using SPSS software for windows. The results showed that self-regulation variables could not significantly moderate the effect of perfectionism on somatic symptom disorders ( $\alpha = 0.161$ ).

**Keywords:** *Perfectionism, Somatic Symptom Disorders, Self Regulation, Student*

## DAFTAR PUSTAKA

LEMBAR PENGESAHAN.....	ii
PERNYATAAN KEASLIAN DAN BEBAS DARI PLAGIARISME .....	iii
KATA PENGANTAR .....	iv
UCAPAN TERIMA KASIH.....	v
ABSTRAK .....	vii
ABSTRACT .....	viii
DAFTAR ISI.....	ix
DAFTAR TABEL .....	xii
DAFTAR GAMBAR.....	xii
DAFTAR LAMPIRAN.....	xii
BAB I PENDAHULUAN .....	1
A. Latar Belakang Penelitian .....	1
B. Rumusan Masalah .....	6
C. Tujuan Penelitian .....	6
D. Manfaat Penelitian .....	7
BAB II KAJIAN PUSTAKA .....	8
A. Perfeksionisme .....	8
1. Definisi Perfeksionisme .....	8
2. Aspek-aspek Perfeksionisme.....	9
3. Keyakinan Irasional Perfeksionisme .....	10
4. Kelebihan dan Kekurangan Perfeksionisme .....	11
5. Dampak Perfeksionisme dalam Kehidupan .....	12
B. <i>Somatic Symptom Disorders</i> .....	13
1. Definisi <i>Somatic Symptom Disorders</i> .....	13
2. Ciri-ciri <i>Somatic Symptom Disorders</i> .....	14
3. Gejala <i>Somatic Symptom Disorders</i> .....	14
4. Kriteria Diagnosis <i>Somatic Symptom Disorders</i> .....	15
5. Faktor yang Mempengaruhi <i>Somatic Symptom Disorders</i> .....	15
C. Regulasi Diri .....	17
1. Definisi Regulasi Diri .....	17
2. Tahapan Proses Regulasi Diri .....	17
3. Dimensi Regulasi Diri.....	18
D. Kerangka Pemikiran.....	19
E. Hipotesis Penelitian.....	23
BAB III METODE PENELITIAN .....	24
A. Desain Penelitian.....	24
B. Populasi dan Sampel.....	25

1. Populasi Penelitian.....	25
2. Sampel Penelitian .....	25
C. Variabel Penelitian.....	27
1. Perfeksionisme .....	27
2. <i>Somatic Symptom Disorders</i> .....	28
3. Regulasi Diri.....	28
D. Teknik Pengumpulan Data.....	29
E. Instrumen Penelitian .....	29
1. Instrumen Perfeksionisme .....	29
2. Instrumen <i>Somatic Symptom Disorders</i> (SSD-12).....	31
3. Instrumen Regulasi Diri .....	33
F. Kategorisasi Skor .....	34
G. Proses Pengembangan Instrumen .....	35
1. Adaptasi dan Modifikasi Instrumen.....	35
2. Uji Keterbacaan .....	35
3. Uji Reliabilitas.....	35
H. Prosedur Penelitian .....	36
1. Tahap Persiapan.....	36
2. Tahap Pelaksanaan.....	36
3. Tahap Akhir.....	36
I. Analisis Data .....	36
1. Uji Normalitas .....	37
2. Uji Multikolinearitas .....	38
3. Uji Heteroskedastisitas .....	38
<b>BAB IV HASIL PENELITIAN DAN PEMBAHASAN .....</b>	<b>39</b>
A. Data Demografis Responden.....	39
B. Hasil Penelitian .....	41
1. Gambaran Perfeksionisme .....	41
2. Gambaran <i>Somatic Symptom Disorders</i> .....	45
3. Gambaran Regulasi Diri.....	49
C. Uji Hipotesis.....	53
a) Pengaruh Perfeksionisme (X) terhadap <i>Somatic Symptom Disorders</i> (Y) ..	54
b) Pengaruh Regulasi Diri (Z) terhadap <i>Somatic Symptom Disorders</i> (Y).....	55
c) Pengaruh Perfeksionisme (X) terhadap <i>Somatic Symptom Disorders</i> (Y) yang Dimoderasi oleh Dukungan Keluarga (Z) .....	56
D. Pembahasan.....	58
E. Keterbatasan Penelitian .....	65
<b>BAB V KESIMPULAN DAN REKOMENDASI.....</b>	<b>67</b>
A. Kesimpulan.....	67

B. Rekomendasi .....	67
DAFTAR PUSTAKA .....	68



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