

**ADAPTASI INSTRUMEN *DUNNING-KRUGER EFFECT* UNTUK SISWA
SEKOLAH MENENGAH PERTAMA (SMP)**



SKRIPSI

diajukan untuk memenuhi salah satu syarat memperoleh gelar sarjana pendidikan
dalam bidang keilmuan Bimbingan dan Konseling

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**PROGRAM STUDI BIMBINGAN DAN KONSELING
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UNIVERSITAS PENDIDIKAN INDONESIA
2025**

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ABSTRAK

Rafi Ahmad Haidar (2025). Adaptasi Instrumen *Dunning-Kruger Effect* untuk Siswa Sekolah Menengah Pertama (SMP).

Dunning-Kruger Effect (DKE) adalah bias kognitif di mana individu dengan kemampuan rendah cenderung melebih-lebihkan kemampuannya. Penelitian ini bertujuan mengadaptasi dan menguji validitas serta reliabilitas instrumen DKE untuk siswa SMP di Indonesia berdasarkan instrumen asli dari Rashid *et al.* (2024). Instrumen dikembangkan dari 14 menjadi 18 item, dan dianalisis menggunakan EFA dengan metode *Principal Axis Factoring* dan rotasi *Varimax* pada 210 siswa SMP. Hasil analisis menunjukkan tiga faktor utama dengan total 12 item valid dan nilai *Cronbach's Alpha* sebesar 0.683. Instrumen ini dinyatakan cukup valid dan reliabel untuk mengukur kecenderungan DKE pada siswa SMP.

Kata kunci: *Dunning-Kruger Effect*, validitas dan reliabilitas instrumen, siswa SMP.

ABSTRACT

Rafi Ahmad Haidar (2025). *Adaptation of the Dunning-Kruger Effect Instrument for Junior High School Students.*

The Dunning-Kruger Effect (DKE) is a cognitive bias in which individuals with low ability tend to overestimate their competence. This study aimed to adapt and evaluate the validity and reliability of a DKE instrument for junior high school students, based on Rashid et al. (2024). The instrument was modified from 14 to 18 items and analyzed using EFA with Principal Axis Factoring and Varimax rotation on a sample of 210 students. Results revealed three main factors with 12 valid items and a Cronbach's Alpha score of 0.683. The adapted instrument is considered sufficiently valid and reliable for assessing DKE tendencies in junior high school students.

Keywords: *Dunning-Kruger Effect, instrument validity and reliability, junior high school students.*

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