

# The Relationship between Sensation Seeking and Self-Efficacy among Nature-Lover Students of Sriwijaya University

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**Abstract:** *This research aims to determine the relationship between sensation seeking and self-efficacy among nature-lover students of Sriwijaya University. The hypothesis proposed in this research is that there is a relationship between sensation seeking and self-efficacy among nature-lover students of Sriwijaya University. The research population was comprised of 137 students while the sample consisted of 95 students chosen using the technique of simple random sampling. The measuring instruments used in this research were the sensation seeking scale and the self-efficacy scale. The analysis was undertaken using a simple regression analysis technique with SPSS version 20.0. Results of the analysis of research data performed using a computer with SPSS 20.0 for Windows suggest a correlation coefficient (r) of 0.368 with a coefficient of determination (R-squared) of 0.135, and a p-value of 0.0000 ( $p < 0.01$ ) in the two-way ANOVA test. These indicate that the hypothesis is accepted. These analysis results show that there is a very significant relationship between sensation seeking and self-efficacy among nature-lover students of Sriwijaya University. The contribution of the independent variable to the dependent variable amounts to 13.5%.*

**Keywords:** Sensation Seeking, Self-Efficacy

## 1. Introduction

Becoming college students makes one feel a great pride and a challenge at the same time. This is because they are the young generation expected to determine the state's improvement. They also have the power to improve social, national, and state conditions. Thus, it is expected that they can distinguish themselves from the general public by, for example, having extensive knowledge, skills, visions, and more forward-looking characters (Ilham, 2011). Sitepu (2014) explains that with the responsibility of being a student, a student should of course be able to develop his/her abilities from not only lecture activities but also other activities such as being a member of an organization. Sitepu (2014) describes an organization as a place for students to develop a mindset in organizational and social life. By joining an organization, students can channel their talents, interests, and abilities.

Each university certainly provides various facilities or places to help students develop their potential, including Sriwijaya University. There are numerous student organizations this university, including the Pharmacy Student Family Association (HKMF), the Civil Student Association (IMS), the Biology Student Association (HMB), and the Nature-Lover Student Movement (GEMAPALA WIGWAM). The Nature-Lover Student Movement (GEMAPALA WIGWAM) is one of the most sought-after organizations among students of Sriwijaya University. This organization is a forum for students who love or are fond of outdoor activities such as mountains and jungles, caving, white-water rafting, rock climbing, and environmental activities. Students joining this organization usually have confidence in themselves or ability that shapes the right attitude towards fear and obstacles when

doing various activities in the wild such as mountain climbing and so on. The aspect *self-confidence* in the ability possessed is called *self-efficacy*.

## 2. Literature Review

Alwisol (2006) states that self-efficacy constitutes a self-perception about how well one can function in certain situations and it has something to do with confidence that one has the ability to do the expected actions. According to Bandura (1977), self-efficacy takes two forms, they are high self-efficacy and low self-efficacy. The first is characterized by the ability to deal effectively with the situation at hand, confidence in the ability to successfully overcome obstacles, perceiving a challenge as something that should not be avoided, determined, believing in his/her abilities, having a little doubt, and loving to look for new situations. As for the latter, those with a low level of self-efficacy have the following characteristics: they take time to overcome or regain their self-efficacy when facing failure, feel unsure when facing obstacles, perceive threats as something they must avoid, lack efforts and give up quickly, doubt their own abilities, do not like to look for new situations, and lack aspirations and commitment to their task.

Based on results of the observation and interviews on 14, 15, and 21 April 2015 with nature-lover students of Sriwijaya University, it is revealed that nature-lover students with a high level of self-efficacy have confidence in and abilities to complete tasks assigned to them. Thus, the behavior displayed by such individuals is not giving up easily both while climbing and while doing other activities. Nevertheless, the researcher also found phenomena indicating a low level of self-efficacy among these nature-

lover students such as there were many students who gave up easily once they failed doing wall climbing. When they failed doing wall climbing, they tended not to repeat trying because they thought that the activity was so difficult that they felt unable to do it.

Bandura (in Roux, 2014) suggests that people measure their self-efficacy based on the level of excitement. Zuckerman (in Karti, 2008) states that individuals with a certain level of trait sensation seeking have several characteristics. High-sensation seekers are characterized among others by: (a) getting involved in high-risk life activities in sports, professions, jobs, and hobbies, (b) enjoying common phobia situations, such as darkness, height, depth, and dangerous animals, (c) having extreme courage, (d) loving everything that is challenging, (e) enjoying everything that is dangerous, (f) thinking that any situation is less risky, (g) engaging in risky behavior making them tend to do something dangerous, (h) making speculation very often, (i) loving to travel to dangerous places, (j) pulling themselves out from their situation due to lack of stimulation they expect, (k) reduced anxiety with the same risk assessment. As for low-sensation seekers, according to (Karti, 2008) they have the following characteristics: frightening, tense, nervous, shaky, fearful, easy to feel worried and grumpy.

Based on results of the interviews with nature-lover students of Sriwijaya University conducted on 10–12 April 2015, it is revealed that there are five divisions of activities held nature lovers, they are mountains and jungle, caving, white-water rafting, wall climbing, and environmental activities. Each division of these nature-lover students' organization claims to have its own problems or challenges in carrying out its activities outdoors. Fear, tremble, nervousness, and cold sweats are things the students doing wall climbing often feel. Fear and anxiety because of the difficulty in finding a way out of the forest or jungle are often felt by students doing mountain climbing. Meanwhile, conditions such as the narrowing of the river flow and river water that suddenly rises often make students doing white-water rafting feel worried and panic. But these all constitute a challenge that must be conquered by nature-lover students.

Therefore, based on the foregoing, the researcher intends to further determine whether there is a relationship between sensation seeking and self-efficacy among nature-lover students of Sriwijaya University or not.

### 3. Method

The research variables consisted of sensation seeking as the independent variable and self-efficacy as the dependent variable. Sensation seeking is defined as an impetus that comes from the need to seek sensations and variations in life among nature-lover students of Sriwijaya University, requiring them to take risks in order to gain new experiences. This sensation seeking was measured using a scale developed by the researcher based on the aspects of sensation seeking proposed by Stelmack (2004), which are: thrill and adventure seeking, experience seeking, disinhibition, and boredom susceptibility.

Self-efficacy refers the belief of nature-lover students of Sriwijaya University in themselves in carrying out a task to achieve a particular goal. Self-efficacy was measured using a scale developed by the researcher based on the aspects of self-efficacy proposed by Bandura (1977), which are: level, generality, and strength.

The population is an area of generalization consisting of objects or subjects that possess certain qualities and characteristics established by the researcher to be examined and concluded. As for the sample, it is part of the number and characteristics possessed by the population (Sugiyono, 2014).

After conducting observation and interviews, the researcher obtained data that the population is comprised of 137 students. Referring to the table developed by Isaac and Michael (Sugiyono, 2014) with a level of error of 5%, a sample of 95 students were obtained. It means that the sample obtained has a 95% confidence interval in connection with the population. Before conducting the research, the scales were tried out to a total of 42 students taken from the rest of the population excluded from the research sample.

The method employed to collect research data was quantitative one. The research data used 2 scales, they were: self-efficacy scale and sensation seeking scale. Hypothesis testing was undertaken using a simple regression analysis technique. According to Hadi (2000), regression analysis is an analytical technique that aims to determine the relationship between the independent variable and the dependent variable. The advantage of using regression analysis is that this technique provides strong bases that facilitate predictions and estimates.

### 4. Result and Discussion

Based on the data analysis, it is evident that there is a very significant relationship between sensation seeking and self-efficacy among nature-lover students of Sriwijaya University. The analysis was carried out using a simple regression technique and it shows that the resulting correlation value between the variables *sensation seeking* and *self-efficacy* amounts to  $r = 0.368$ , with the adjusted  $r$ -squared value of 0.126 and  $p$ -value of 0.000 where  $p \leq 0.01$ .

Sensation seeking according to Zuckerman (Roberti, 2003) is a trait characterized by the need for a variety of sensations and experiences that are new, remarkable, and complex, and willingness to take physical, social, legal, and financial risks for the sake of such experiences. Whereas according to Chandra et al. (2003), the urge to seek a sensation is the tendency of individuals to seek new experiences, increase excitement, and seek optimal stimulation. For example, spending college holidays doing wall climbing, making arrangements for climbing together with friends, and caving or enjoying white-water rafting.

Based on the processing of data on the variable *sensation seeking* undertaken, it is revealed that in terms of the level of sensation seeking among nature-lover students of Sriwijaya

University, 44 students or 46.31% have a high level of sensation seeking and 51 students or 53.68% have a low level of sensation seeking. Therefore, it can be concluded that the level of sensation seeking among nature-lover students of Sriwijaya University is low. As for results of the processing of data on the variable *self-efficacy*, it is shown that 47 students or 49.47% have a high level of self-efficacy and 48 students or 50.52% have a low level of self-efficacy. Based on the discussion and data analysis results above, the researcher concludes that the hypothesis proposed by the researcher, which is there is a relationship between sensation seeking and self-efficacy among nature-lover students of Sriwijaya University in this research is accepted.

The research hypothesis reads as follows: based on results of the data analysis that has been performed, it is revealed that there is a very significant relationship between sensation seeking and self-efficacy among nature-lover students of Sriwijaya University.

## 5. Conclusion

The conclusions obtained from this research that there is a very significant relationship between sensation seeking and self-efficacy among nature-lover students of Sriwijaya University. This study confirmed that student with high sensation seeking contribute to higher self-efficacy than student with low sensation seeking.

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## Author Profile

**Dina Zhafarina** graduated from Bina Darma University Palembang, majoring psychology in 2015. During her studies she was active in Gemapala organization, so this was made her interested to research the relationship between sensation seeking and self-efficacy in nature-lover students (Mapala). Now, she was continued her study in Magister Psychology at University of Persada Indonesia YAI since 2016.