

SKALA GAHSS (*GENERAL ACADEMIC HELP SEEKING SCALES*): KONSTRUKSI ALAT UKUR *ACADEMIC HELP SEEKING* PADA MAHASISWA DI YOGYAKARTA

RINGKASAN

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Latar Belakang : Perilaku mencari bantuan akademik atau *academic help seeking* merupakan upaya individu untuk mencari bantuan kepada orang lain ketika mengalami kesulitan dalam pembelajaran. Alat ukur *academic help seeking* belum banyak dikembangkan di Indonesia dan masih terlalu spesifik ke bidang studi tertentu.

Tujuan Penelitian : Penelitian ini bertujuan untuk melakukan pengembangan alat ukur *academic help seeking* pada mahasiswa di Yogyakarta.

Metode Penelitian : Dimensi *academic help seeking* menurut Pajares, Cheong, dan Oberman (2004) digunakan sebagai acuan dalam pembuatan alat ukur. Teknik pengambilan sampel menggunakan *purposive sampling* dan *accidental sampling*, dengan 202 responden Mahasiswa aktif jenjang S-1 di Yogyakarta yang berusia 18-25 tahun. Teknik analisis data menggunakan uji validitas isi dengan koefisien validitas isi Aiken's V dan uji reliabilitas konsistensi internal dengan *Alpha Cronbach*. Teknik pengumpulan data menggunakan skala dengan bantuan *google formulir*.

Hasil Penelitian : Alat ukur *General Academic Help Seeking Scales* (GAHSS) dinyatakan valid dan reliabel dengan validitas aiken's V bergerak dari 0,75 - 1 > 0,700 dan reliabilitas *Alpha Cronbach* pada dimensi *instrumental help seeking* 0,901, dimensi *executive help seeking* 0,846, dimensi *avoidance covert help seeking* 0,832, serta dimensi *perceived benefits of help seeking* 0,896 > 0,70.

Kesimpulan : Berdasarkan data hasil penelitian, hipotesis penelitian ini diterima, *General Academic Help Seeking Scales* (GAHSS) merupakan alat ukur *Academic help seeking* memiliki validitas dan reliabilitas yang baik.

Kata kunci: Konstruksi, *Academic help seeking*, Mahasiswa, *General*.

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GAHSS SCALE (GENERAL ACADEMIC HELP SEEKING SCALES): CONSTRUCTION OF ACADEMIC HELP SEEKING SCALE TOWARDS STUDENTS IN YOGYAKARTA

ABSTRACT

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Background: Academic help seeking is an individual's effort to seek assistance from others when experiencing difficulties in learning. Measurement tools for academic help seeking have not been widely developed in Indonesia and tend to be too specific to certain fields of study.

Research Objective: This study aims to develop a measurement tool for academic help seeking among undergraduate students in Yogyakarta.

Research Method: The dimensions of academic help seeking proposed by Pajares, Cheong, and Oberman (2004) were used as the basis for constructing the instrument. The sampling techniques employed were purposive sampling and accidental sampling, involving 202 active undergraduate students in Yogyakarta aged 18–25 years. Data analysis techniques included content validity testing using Aiken's *V* coefficient and internal consistency reliability testing using Cronbach's Alpha. Data were collected using a scale distributed via Google Forms.

Research Results: The data analysis showed that the General Academic Help Seeking Scales (GAHSS) was valid and reliable, with Aiken's *V* values ranging from 0.75 to 1 (all > 0.700), and Cronbach's Alpha values of 0.901 for the instrumental help seeking dimension, 0.846 for executive help seeking, 0.832 for avoidance covert help seeking, and 0.896 for perceived benefits of help seeking—all exceeding the threshold of 0.70.

Conclusion: Based on the research findings, the hypothesis of this study is accepted. The General Academic Help Seeking Scales (GAHSS) is a measurement tool for academic help seeking that demonstrates good validity and reliability.

Keywords: Construction, Academic help seeking, Students, General.

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