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**CONFIDENCE IN STUDENTS WHO TAKE PART IN STUDENT EXCHANGE PROGRAMS AT MUHAMMADIYAH GRESIK UNIVERSITY**

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**ABSTRACT**

Self-confidence is a person's belief and attitude towards the ability in himself by accepting as he is both positive and negative which is formed and learned through the process of learning with the aim of his own happiness. Based on the results of interviews and observations on students who took part in the student exchange program, there were problems in the level of student confidence. Students feel scared when told to present in front of lecturers and students. The purpose of this study is to find out an overview of self-confidence in students who take part in student exchange programs at the University of Muhammadiyah Gresik. This research is a qualitative research. The subjects in this study were 2 students who took part in a student exchange program at the University of Muhammadiyah Gresik. The subjects of this study were selected by incidental sampling. The research uses a case study type of research. Data collection techniques use interviews and observations. Data analysis in this study used data analysis of the Milles and Huberman model. The credibility of the data in this study used source triangulation and engineering triangulation.

**Keywords:** Confidence, MBKM, student

**1. INTRODUCTION**

Education is currently entering a new stage where it is arranged in the Merdeka Belajar – Kampus Merdeka curriculum which is oriented towards mastery where students with various scientific fields must have so that they become graduates who have comprehensive competencies. The implementation of the Merdeka Campus paves the way for students who want to deepen their fields of knowledge that are not in their study program. The reference to Merdeka Belajar – Kampus Merdeka is Permendikbud number 3 of 2020 related to the National Standards for Higher Education which facilitates the right for students to take part in lecture programs outside different universities which are carried out for a maximum of two semesters or 40 credits so that they can take lectures in different study programs at the same university for one semester or the same as 20 credits. In the rules, it has been adjusted to the rules or conditions for dosen that

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have the skills and ability to implement the MB-KM curriculum cooperation (Tohir M, 2020). This curriculum encourages students to have a variety of competencies as stated in permendikbud number 3 of 2020 (Susetyo, 2020: 29).

Merdeka Belajar Curriculum – Kampus Merdeka has a new concept where MB-KM wants to eliminate the paradigm of linearity which is a barrier between scientific fields. Given that today's increasingly complex life emphasizes aspects of broader and more comprehensive insights, to prepare for it, of course, requires various scientific collaborations both multidisciplinary and interdisciplinary scientific (Faiz, 2020: 1). As stated (Abdullah, et al 2014: 6) that when science scents conflict and limits each other, it is certainly uncomfortable in facing an increasingly complex life. Indeed, the existence of scientific specialization is a necessity, because human nature has limited abilities (Siswanto, 2015: 378). The presence of the MB-KM curriculum concept initiated by Minister of Education and Culture Nadiem Makarim solves the needs and provides enlightenment for scientists who have a boundary wall between various sciences. However, between these disciplines, they can still maintain their identities, but can still be open to dialogue and discussion between scientific disciplines (Abdullah, et al 2014: 8).

The visionary policy initiated by the Minister of Education and Culture is expected to be able to have a positive impact on the progress of universities and graduates from universities in Indonesia (Arifin, S., & Muslim, 2020: 3). This visionary policy deserves to be appreciated, especially with the background of the Minister of Education and Culture who is not from the world of education who is able to provide policies that are felt by various groups to be able to bring high progress to Indonesia. So guess the hope desired by the Ministry of Education and Culture Nadiem Makarim in realizing a superior generation in 2045.

In the current conditions among people, lack of self-confidence is a problem that occurs quite often, this is due to psychic factors such as low self-esteem, anxiety, disappointment, sadness and despair. Individuals who have a supportive background will gain a high level of self-confidence so that they are able to socialize well. Without self-confidence, it will cause a lot of problems in individuals. With self-confidence, a person is able to actualize all the potential that exists in him. The nature of self-confidence can also be influenced by the abilities and skills possessed. The formation of self-confidence cannot be separated from human development in general. Self-confidence is already formed in the first year obtained from the treatment of people who care for, nurture and meet all the needs of the child.

Self-confidence is largely determined by experiences during interactions with the environment or in the family environment. Self-confidence is largely determined by experiences during interactions with the environment or in the family environment. One of the important aspects for a college student is self-confidence. By having high self-confidence, students will be easy to adapt and interact with other students even with lecturers on campus. Not only that, students can also get along easily and have many friends or relationships if they have a high sense of self-confidence, because with high self-confidence students are able to communicate and interact well.

Self-confidence is a person's belief and attitude towards the ability in himself by accepting as he is both positive and negative which is formed and learned through the process of learning with the aim of his own happiness. Self-confidence is the basic capital of an individual in meeting his own various needs. Individuals who have a need for freedom of thought and feeling will grow into individuals with high self-confidence. One of the first and main steps in building self-confidence is to understand and believe that each individual has their own strengths and weaknesses. The advantages that exist in the individual must be developed and utilized in order to be productive and useful to others (Hakim, 2002).

In this study, there were 28 students who took part in the Student Exchange Program at the University of Muhammadiyah Gresik. The researcher used 2 subjects from 28 students who took part in the Student Exchange Program. According to Permendikbud No. 3 of 2020 article 15 paragraph 1 in MBKM there are 8 programs which include Student Exchange Programs, Internships / Work Practices, Teaching Assistants, Research / Research, Humanitarian Projects, Entrepreneurial Activities, Entrepreneurial Activities, Independent Studies / Projects and Thematic Real Work Lectures. In this study, it examined students who took part in the Student Exchange Program at the University of Muhammadiyah Gresik.

The problem that researchers encountered when conducting interviews with students who participated in the MBKM Program at the University of Muhammadiyah Gresik was that some students felt nervous, awkward, afraid when told to present in front of lecturers and other students. They are not confident when told to answer questions, when told to point fingers to answer questions and they are many silent when asked if there are any questions. Very few students volunteer to answer questions from lecturers, they are willing to answer when they are told. Most of them have ideas but do not dare to convey them, they feel that what is going to be conveyed is wrong.

This statement is supported by research conducted by Suharso (2013), that individuals who have self-confidence can place themselves according to the situation in which they are, have a positive perspective on themselves, realize that everyone has weaknesses and strengths. People who have low self-confidence will be nervous when doing things, have low sociability, do not believe in their own abilities, easily give up on the failures they face, feel that they have many shortcomings, like to be alone.

Based on the results of the interview, students who have good self-confidence have the ability to achieve goals in life, will not give up easily and will not easily have difficulties in participating in student exchange programs. Therefore, researchers are interested in raising the title "An Overview of Self-Confidence in Students Who Take Part in the Student Exchange Program at the University of Muhammadiyah Gresik.

## **2. METHOD**

This type of research is qualitative research. This study uses a case study type of research. The purpose of case study research is to describe the context and occurrence

of a case. This study used primary data types and sources. Primary data is data that is directly obtained by researchers from data sources (Sugiyono, 2016). In this study, there were 28 students who participated in student exchange programs between study programs at different universities, but the research subjects were selected by incidental sampling where samples were taken based on chance, which means who the researcher found and can be used as a sample that is considered appropriate and suitable as a data source by researchers (Sugiyono, 2016). The subject criteria in this study include the following:

1. Active Student at Muhammadiyah Gresik University.
2. Students aged 19-21 years.
3. Have taken 20 credits in courses.
4. Students who have or are currently participating in a student exchange program at the University of Muhammadiyah Gresik (MBKM).

Data collection in this study used interviews and observations. Researchers conducted interviews with students who took part in a student exchange program at the University of Muhammadiyah Gresik. According to students, they feel nervous, awkward, scared when told to present in front of lecturers and other students. They are not confident when told to point fingers to answer questions, when told to point fingers to answer questions they are silent. Very few students volunteer to answer questions from lecturers, they are willing to answer when they are told, if they have ideas but do not dare to convey them, they feel that what will be conveyed is wrong. Self-confidence greatly affects a person's self-resilience in the face of various obstacles. Students with positive self-confidence will try to find a way out to overcome the various obstacles encountered. The confidence of the student body will further affect the level of student confidence in participating in the student exchange program at the University of Muhammadiyah Gresik. The data analysis used in this study is the data analysis of the Milles and Huberman model. There are 3 types in qualitative analysis, namely data reduction, display data, conclusion drawing / verification. Data credibility uses source triangulation and engineering triangulation. The reason for using source triangulation is to consider and re-examine the degree of confidence of an information obtained through different times and tools in qualitative research, while engineering triangulation is the collection of different data from the same source.

### **3. DISCUSSION**

#### **Confidence Aspects**

According to Lauster (1997), there are several aspects of self-confidence as follows :

- a. The belief in self-ability is a person's positive attitude about himself that he understands really – really what he is doing.
- b. Optimistic is the positive attitude of a person who always has a good outlook in facing everything about himself, his hopes and abilities.
- c. Objective is a person who has confidence in looking at problems or everything according to the truth as it should be, not according to personal truth or according to himself.
- d. Responsibility is one's willingness to bear everything that has been the consequence.
- e. Rational and realistic is the analysis of a problem, a thing, an event using thoughts that are accepted by reason and in accordance with reality.

### **Factors Affecting Self-Confidence**

According to Gufron & Rini (2012), self-confidence can be influenced by several factors:

- a. Self-Concept is the formation of a person's self-confidence starting with the development of self-concept obtained in the association of a group. The result of the interaction that occurs will generate self-concept.
- b. Self-Esteem is an assessment made of oneself.
- c. Life Experience is confidence gained from positive past experiences, while disappointing experiences are the experiences that are most often the source of inferiority complexes.
- d. A person's low education will make the person dependent and under the power of others who are smarter. Conversely, people who have higher education will have a higher level of confidence than those with low education.

### **4. CONCLUSION**

This study aims to determine the picture of self-confidence in students who take part in student exchange programs at the University of Muhammadiyah Gresik. The research method uses qualitative research. The subjects of this study were students who took part in a student exchange program at the University of Muhammadiyah Gresik. The results of the research and discussion will be explained after the research is carried out.

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