

## HARDINESS BEHAVIOR OF REPORTERS IN COVERING NEWS

**Dwi Hurriyati**

Faculty of Psychology, University of Bina Darma Palembang, Indonesia

**Email:** dwi.hurriyati@binadarma.ac.id

### *Abstract*

*Journalists in finding news must keep pace with the times and reporters from other media. Delay in working on the news (deadline), not announced. News that is not interesting must be published. Seeing this hard work, it is necessary to support faith and violence at every step and this is not needed by everyone. The purpose of this study was to determine the relationship between hardiness and self-efficacy in the general daily in the city of Palembang. The survivor's variable in this study is self-efficacy, while hardiness is the independent variable. This study uses a scale of self efficacy and hardiness. This research uses quantitative methods. The sample used in this study amounted to 245 people in Palembang. This study shows that there is a very significant relationship between the hardiness variable and the self efficacy variable in the general daily report in Palembang with a value of  $F = 20,028$ , Adjusted R Square = 0,216,  $p = 0,000$  because of the significance of  $(p) 0,000$  significance value of  $p < 0, 01$  So stated there is a very significant relationship.*

**Keywords:** *Hardiness, self-efficacy, journalists*

## INTRODUCTION

Journalist job those looking for news to fill newspapers and magazines become the spearhead of a media. Without journalists, there is no news that can be reported to the public. "Journalists with their knowledge of journalism can process useful information and sort information according to journalistic rules" (Sawitri, 2012). A journalist must find news, sources, cover interviews and also make a script. Running here and there looking for news to be presented to the general public in all corners of the country so that they know developments outside. Journalists have to catch up with time and journalists from other media. When you lose the moment of reporting, journalists lose news value. Delay in working on news (past the deadline), not being published the next day risks journalists losing their jobs. News that is not interesting requires journalists to look for different points of view from the news being covered.

Seeing the severity of this work, it takes individuals who have belief in every step and this is not shared by everyone. Those who do not have high faith, especially in themselves, will not survive. Confidence in themselves can help them face obstacles in completing their tasks. Lack of confidence in yourself can trigger stress. "Kion and Kohn (Kusnadi, 2014), stressors can appear in the work environment, organization, career, position, relationships with other human beings, family and can also originate within the individual, including individual personality, attitude towards work, length of work, education and past experiences."

"Bandura, who introduced self-efficacy, said that self-efficacy is related to self-confidence in having the ability to perform the expected actions. Bandura and wood explain that self-efficacy believes in the belief in an individual's ability to drive motivation, cognitive abilities and actions needed to meet the demands of the situation (Ghufron & Suminta, 2010)."

Meanwhile, according to "(Rahardjo, 2005) self-efficacy is an assessment of the beliefs one has in carrying out tasks and displays an assessment of the beliefs one has in carrying out tasks and performing certain actions related to tasks that have been carried out properly and effectively". Individuals who have self-efficacy according to "Bandura (Izzah, 2012) have the following characteristics: able to deal with the problems they face effectively, confident in success in dealing with problems or obstacles, problems are seen as challenges that must be faced not to be avoided, persistent in his efforts to solve problems, believes in his abilities, quickly rises from the failures he faces, likes to seek new situations.

"Bandura adds self-confidence as one of the most powerful determinants of behavior change, self-efficacy causes individuals to take the first action that leads to their goals, motivates them to make efforts that are organized on mutual consent, and self-success gives them the strength to keep doing in the face of difficulties (Suharsono & Istiqomah, 2014)".

"Kobasa (Amarsuteja, 2012) suggests that hardiness is a constellation of personality characteristics that make individuals stronger, more resilient, stable and optimistic in dealing with stress and reducing the negative effects they face. According to Kobasa, individuals who have high hardiness have a series of attitudes that make them resistant to stress. Individuals with hardiness like to work hard because they can enjoy the work being done, like to make decisions and carry them out because they see life as something that must be utilized and filled in so that it has meaning, and individuals who are very enthusiastic about facing the future because changes in life are considered as a challenge and very useful for the development of his life.

"According to Hadjam (Dodik & Astuti, 2012), hardiness reduces the influence of gripping life events by increasing the use of adjustment strategies, including using social resources in their environment to serve as shields, motivation, and support in dealing with the tension problems they face. and deliver success."

"(Gardner & Stern, 2002) suggest individuals who have hardiness, namely: pain and pleasure are part of life, balance, leadership, outlook, self-knowledge, responsibility, generosity, gratitude or gratitude, hope, have high thinking, flexible, have sense of humor, rejection, respect, appropriate use of time, support, learning ability, and conflict resolution.

"Research on self-efficacy was also conducted by (Cherian & Jacob, 2013) with the title Impact of Self-Efficacy on Motivation and Performance of Employees. Using meta-analysis techniques. The results of the study show that self-efficacy has a role in the relationship between managers' effectiveness and employee engagement. Therefore, there is a lot of evidence showing that there is a strong relationship between the self-efficacy of managers and employees and this relationship plays an important role in the effectiveness of a manager".

This study aims to determine the relationship between hardiness behavior and self-efficacy in general daily journalists in Palembang. Based on the explanation above, the research hypothesis is that there is a relationship between hardiness and self-efficacy in public daily journalists in Palembang.

"(Rahardjo, 2005) self-efficacy is an assessment of the beliefs one has in carrying out tasks and displays an assessment of the beliefs one has in carrying out tasks and performing certain actions related to tasks that have been carried out properly and effectively."

"Gist (Izzah, 2012) with reference to the opinions of Bandura, Adam, Hardy and Howells, states that self-efficacy arises from gradual changes in complex cognitive, social, linguistic, and/or physical skills through experience. Individuals appear to consider, combine, and assess information related to their abilities and then decide on various choices and efforts accordingly.

"According to Gibson et al (Izzah, 2012), the concept of self-efficacy or self-success is the belief that a person can perform well in a certain situation. Self-success has three dimensions, namely: the high level of difficulty of one's task which one believes can still be achieved, belief in strength, and generalization which means hope from something that has been done.

"According to Bandura (Ghufron & Suminta, 2010), self-efficacy in each individual will differ from one another based on dimensions. Bandura divides the dimensions of self-efficacy into three, namely level, generalization, and strength.

First, the level of magnitude (level or magnitude). Refers to the level of task difficulty that the individual believes will be able to handle it. A person's level of self-efficacy is different from one another. The level of difficulty of a task, whether difficult or easy will determine self-efficacy. In a task or activity, if there is no significant obstacle to overcome, then the task will be very easy to do and everyone must have high self-efficacy on this problem. For example, Bandura describes the belief in the ability to jump in an athlete. An athlete judges' strength by his belief that he is able to overcome the barrier at different heights. One can improve or increase self-efficacy beliefs by looking for conditions which can add challenges and difficulties at a higher level.

Second, the broad field of behavior (generality). Refers to a variety of situations in which judgments about self-efficacy can be applied. Someone can assess himself as having efficacy in many activities or in certain activities. The more self-efficacy that can be applied to various conditions, the higher a person's self-efficacy will be. Individuals may judge themselves to feel confident through a variety of activities or only in certain functional areas. General circumstances vary in a number of different dimensions, including the degree of similarity of activity, the sense in which the ability is demonstrated (behavioral, cognitive, affective), the qualitative characteristics of the situation, and the characteristics of the individual toward whom the behavior is directed.

Third, the level of strength. Related to the strength of a person's self-efficacy when dealing with the demands of a task or a problem. Weak self-efficacy can easily be offset by disturbing experiences when facing a task. On the other hand, people who have strong beliefs will persevere in their efforts even though there are countless challenges and obstacles. He is not easily struck by misfortune. This dimension includes the degree of individual stability in their beliefs. It is this stability that determines individual resilience and tenacity.

"Gentry and Kobasa (Zuhroh, 2012), events in life that cause stress have contributed to the development of physical illness. The ability of each individual to deal with stressful life events is not the same, it depends on many things, one of which is the characteristic that distinguishes it, namely hardiness. According to Kobasa (Sari, 2015) hardiness is an arrangement of personality characteristics that make individuals stronger, more resilient and stable in dealing with stress and reduce the negative effects they face.

"Kobasa (Sari, 2015) explains, individuals who have high hardiness have a series of attitudes that make them resistant to stress. Individuals with hardiness enjoy making decisions and carrying them out because they see life as something that must be utilized and filled in so that it has meaning, and individuals with hardiness are very enthusiastic about facing the future because changes in life are considered a challenge and very useful for the development of their lives."

"Factors that influence hardiness according to Maddi and Kobasa (Zuhroh, 2012) include: the ability to make realistic plans, have self-confidence and a positive self-image, develop communication skills, and the capacity to manage strong feelings and impulses."

## METHOD

The method that will be used to collect data in this study is a quantitative method with a scale as a data collection tool. "Scale is a set of statements that are arranged to reveal certain attributes through responses to these statements (Azwar & Psikologi, 2012)". The clearer explanation of these scales is as follows:

The self-efficacy scale was compiled by the researcher himself with reference to "aspects of Bandura's self-efficacy (Ghufron & Suminta, 2010), namely (a) level of magnitude, (b) broad field of behavior, (c) level of strength. The self-efficacy scale is presented in 65 statements in the form of 34 statements that support (favourable) and 31 statements that do not support (unfavourable), which must be answered by the subject based on the 5 categories of answers that have been provided, namely (SS) Very appropriate, (S) appropriate, (N) Neutral, (TS) Incompatible, and (STS) Very Incompatible".

The hardiness scale used to measure hardiness was compiled by the researchers themselves with reference to aspects according to Kobasa (Zuhro, 2012), namely (a) control, (b) commitment, (c) challenges. The hardiness scale is presented in 65 statements in the form of 35 favorable and 30 unfavourable statements, which must be answered by the subject based on the 5 categories of answers provided, namely (SS) Very appropriate, (S) appropriate, (N) Neutral, (TS) Incompatible, and (STS) Very Incompatible".

## RESULTS AND DISCUSSION

Based on the results it was concluded that the self-efficacy variable data was said to be normal because the KS-Z score = 1,203;  $p = 0.111$  where  $p > 0.05$ . Furthermore, the hardiness variable is said to be normally distributed because the score on KS-Z = 1.309;  $p = 0.065$  where  $p > 0.05$ .

Based on the results of the linearity test between the variables self-efficacy and hardiness, they are linearly related. It can be seen from the P column that the value is  $P = 0.000$ , meaning that there is a linear relationship between the two variables. Furthermore, data analysis with parametric statistics can be performed.

Based on the results obtained show that the magnitude of the correlation coefficient between hardiness and self-efficacy variables is  $r = 0.464$ ,  $R^2 = 0.216$  with  $F = 20.802$  and  $p = 0.000$  where  $p < 0.05$ . This shows that there is a significant relationship between hardiness and self-efficacy in public daily journalists in Palembang, where the value of  $p = 0.000$  which means that the two variables are linearly related and the proposed hypothesis is accepted,

then the magnitude of the relationship between hardiness and self-efficacy variables is 0.464 with the amount given by the hardiness variable to self-efficacy is 21.6% ( $R^2=0.216$ ). This means that 78.4% of other variables that also affect self-efficacy.

The assumption test that has been managed using SPSS 20.0 shows that the distribution of research data from the two scales is normally distributed. These results can be seen from the p-value of the measuring instrument self-efficacy 0.063 which means  $p > 0.05$ . Likewise with the hardiness scale, it produces a p value of 0.073 which means  $p > 0.05$ . This assumption test also shows the relationship between the dependent variable, namely self-efficacy and the independent variable hardiness. The coefficient shows the relationship between the dependent and independent variables  $F = 20.082$  and  $p = 0.000$  ( $p < 0.05$ ). This p value shows how linear the relationship between the two variables is.

Based on the results of statistical calculations that have been carried out to prove that there is a very significant relationship between hardiness and self-efficacy in general daily journalists in Palembang. The analysis was carried out using a simple regression test whose results indicated that there was acceptance of the proposed hypothesis. These results can be seen from the value of the correlation coefficient  $r = 0.464$  with a significance value ( $p$ ) = 0.000 or in other words  $p \leq 0.01$ . This shows that there is a very significant relationship between hardiness and self-efficacy in general daily journalists in Palembang.

The value of the contribution of hardiness (independent variable) to self-efficacy (the dependent variable) is the value of R square = 0.216 or 21.6%, which means that there are still 78.4% of other factors that influence self-efficacy, but these variables were not examined by researchers. Then the researcher used the description of the research data to find out that the self-efficacy data with hardiness included high or low by categorizing each variable based on the frequency table. "(Muhid, 2010) says that self-efficacy is an individual's belief in being able to overcome and complete a task that might make them embarrassed or fail or succeed." A journalist in searching for news and presenting it also requires high confidence in order to be able to optimize the skills he already has. A journalist who has optimal confidence is usually able to handle difficult situations well. They will develop a rational attitude, willing to work hard, make adequate preparations and also have many alternatives to solve the difficulties that arise. Journalists who have high self-efficacy can make journalists successful in searching for news greater, it can be seen from the level of success in getting news in any situation. moderate or low level of self-efficacy in getting news in any situation. They will develop a rational attitude, willing to work hard, make adequate preparations and also have many alternatives to solve the difficulties that arise. Journalists who have high self-efficacy can make journalists successful in searching for news greater, it can be seen from the level of success in getting news in any situation. moderate or low level of self-efficacy in getting news in any situation. They will develop a rational attitude, willing to work hard, make adequate preparations and also have many alternatives to solve the difficulties that arise. Journalists who have high self-efficacy can make journalists successful in searching for news greater, it can be seen from the level of success in getting news in any situation. moderate or low level of self-efficacy in getting news in any situation.

The behavior of journalists who have a low level of self-efficacy is pessimistic and easily frustrated in dealing with problems, thinking and acting tends not to be creative and does not dare to take risks, works with no enthusiasm and is not ambitious, they tend to run away from the problems they face, tend to be emotional in doing work, giving responsibility to others to replace it and difficult to implement new things.

The general form of daily journalist behavior that shows a high level of self-efficacy is optimism in facing every problem, being persistent and tenacious in dealing with all problems, thinking and acting in a mature and appropriate way, liking new things, holding fast to the responsibilities that have been given, disciplined and optimistic. It can be concluded that the general daily journalists in Palembang have low self-efficacy as obtained from the data analysis showing that out of 75 journalists there are 44 people or 58.7% who have low self-efficacy".

Bandura and wood (Chowdhury & Lanis, 1999) revealed that in their research it would improve self-efficacy when she received the courage to live life logically. The greater the source of courage, the more self-efficacy the individual will develop at a higher level."

Research conducted by Chowdhury & Lanis (1999) revealed that individuals who have low self-efficacy and are able to develop self-efficacy will give satisfaction to every job that has been done. Conversely, individuals who have low self-efficacy and are unable to develop self-efficacy in themselves will feel they have failed in their performance at work, so they do not achieve satisfaction with the work being done.

Research conducted by Slamet (2014) states that there are significant differences in self-efficacy between men and women. Perception plays a role in determining a person's actions, as well as the perceptions between men and women are different, giving rise to different self-confidence (self-efficacy). Environmental conditions and partners at work are supporting factors for the formation of self-efficacy. Working as a journalist requires a woman to work physically and mentally as well. According to Bandura (Izzah, 2012) and Greenberg and Baron (Maryati, 2008) the factors that influence self-efficacy are culture, gender, the nature of the task at hand, external incentives, individual status and role in the environment, information about his abilities, and individual experience.

According to Kobasa (Sari, 2015) hardiness is an arrangement of personality characteristics that make individuals stronger, more resilient, and stable in dealing with stress and reduce the negative effects they face. Simply put, self-efficacy can be defined as individual resilience in facing life's challenges.

Kobasa (Sari, 2015) explains, individuals who have high hardiness have a series of attitudes that make them resistant to stress. Individuals with hardiness enjoy making decisions and carrying them out because they see life as something that must be utilized and filled in so that it has meaning, and individuals with hardiness are very enthusiastic about facing the future because changes in life are considered a challenge and very useful for the development of their lives.

Research by Sagar, Lavalley & Spray (2009) states that high hardiness can help athletes overcome their fear of failure when competing and facing opponents who feel better than them. Hardiness is one of the personality characteristics that makes individuals stronger, more resilient, stable, and optimistic in dealing with stress, so when journalists are required

to get the latest news and according to the facts that occur and require journalists to work on time, it will increase self-efficacy in carrying out his duties as a news hunter.

Kobasa (Sari, 2015) explains, individuals who have high hardiness have a series of attitudes that make them resistant to stress. Individuals with high hardiness are happy to make decisions and carry them out because they see life as something that must be utilized and filled in so that it has meaning, and individuals with high hardiness are very enthusiastic about facing the future because changes in life are considered a challenge and very useful for development of his life. While Kobasa and Gentry (Dodik & Astuti, 2012) state that individuals with low hardiness will tend to do regressive coping, namely trying to deny, avoid, escape stressful situations.

As for the behavior of journalists that show a high level of hardiness, they are completing the manuscript before being reprimanded by the editor, not afraid to compete, irregular working hours are not a barrier to work and to interact, never waste the opportunity to try new things, do not hesitate to accept help from friends without always rely on friends to get the job done. Enjoying work, looking for different sources at every opportunity, not complaining when looking for facts, and not afraid of failure at work.

The form of journalistic behavior that shows a low level of hardiness is comfortable with existing circumstances, not wanting to try new things, complaining about the work given, not opening up to interact, always relying on friends, considering work only as a source of breadwinners. Fear of failure in carrying out work so they do not want to try new things in search of news or sources and lack of enthusiasm at work.

Journalists have pressure at work, the community's need for up-to-date and reliable information requires journalists to dig up the available information quickly, precisely and accurately. Obtaining accurate, precise and reliable information is not obtained only from one source. It takes time to interview the required sources, it is not uncommon for sources to be unable to be found or do not want to be interviewed, forcing journalists to look for other sources.

Kobasa (Rahardjo, 2005) (Zuhroh, 2012) individuals who have a hardiness personality have personal control, commitment and are ready to face challenges. Individuals with hardiness have high characteristics at the level of individual belief that they can influence events that happen to them (control). Individuals have a tendency to involve themselves in the activity at hand (commitment). Individuals have a tendency to view a change that occurs as an opportunity to develop themselves, not as a threat to their sense of security (challenge). These three aspects of personality provide a favorable personality constellation for individuals to overcome the pressures of their lives so that they become "resilient" individuals.

The relationship between hardiness and self-efficacy can be seen through its aspects. From the aspect of control with the level of magnitude (magnitude), namely the belief in being able to complete and change the events that are around. The general daily journalist in Palembang believes he can change the situation around him with the many obstacles facing him. When one road is closed, they will find another way to reach their destination. This is in line with the aspect of magnitude, namely the ability to organize and carry out actions in completing tasks.

(Pordelan, 2014) in their research, the relationship between psychological hardiness and self-efficacy of the students of Payame Noor University of Ardal. Finding students with high hardiness also have high self-efficacy. With a value of  $r = 0.019$  and  $p = 0.000$ , it shows that hardiness contributes 19% to self-efficacy.

Based on the description and results of the data analysis above, the researcher concluded that the hypothesis put forward by the researcher, namely that there is a relationship between hardiness and self-efficacy in general daily journalists in Palembang in this study, is accepted. The sound of the research hypothesis based on the results of data analysis that has been carried out is that there is a very very significant relationship between hardiness and self-efficacy in general daily journalists in Palembang.

## CONCLUSION

Based on the research results obtained, it can be concluded that there is a very significant relationship between hardiness and self-efficacy in general daily journalists in Palembang, with an R square value = 0.216 or 21.6%. Moreover, this research can be used as reference material, without forgetting the value of originality, in research in the field of social psychology and personality. Especially research on self-efficacy and hardiness.

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