

ABSTRAK

Dwi Utami Anugrah Lubis, 5213342006. “Hubungan Kepercayaan Diri Dengan Hasil Praktek Bakery Pada Kelas XI Di SMKS Sinar Husni 1 BM Labuhan Deli”. Pendidikan Tata Boga. Pendidikan Kesejahteraan Keluarga. Pendidikan Tata Boga. Fakultas Teknik. Universitas Negeri Medan. 2025.

Penelitian ini bertujuan untuk mengetahui: (1) Kepercayaan Diri, (2) Hasil Praktek siswa pada Bakery (3) Hubungan Kepercayaan Diri Dengan Hasil Praktek Bakery. Lokasi penelitian ini dilakukan di SMKS Sinar Husni 1 BM Labuhan Deli. Waktu Penelitian September 2025. Populasi penelitian ini seluruh siswa kelas XI Tata Boga yang berjumlah 30 siswa. Teknik penentuan sampel secara *Total Sampling*. Teknik pengumpulan data menggunakan angket untuk mengetahui Kepercayaan Diri dan untuk hasil praktek Bakery melalui lembar penilaian hasil praktek. Teknik analisis data secara Deskripsi Data dengan Uji Persyaratan Analisis, Uji Normalitas dengan Uji Linieritas, serta Uji Hipotesis dengan Uji Korelasi *Product Moment*.

Hasil penelitian menunjukkan bahwa tingkat kecendrungan Kepercayaan Diri termasuk kategori tinggi sebesar 53 persen (16 siswa) dan Hasil Praktek Bakery termasuk kategori baik sebesar 77 persen (23 siswa). Hasil Analisis Uji Normalitas dengan $dk = 5$ pada variabel Kepercayaan Diri yakni $\chi^2_{hitung} < \chi^2_{tabel}$ ($6,05 < 11,07$) dan variabel hasil praktek Bakery yaitu $\chi^2_{hitung} < \chi^2_{tabel}$ ($28,0 < 11,07$) pada taraf signifikan 5 persen berdistribusi Normal. Hasil Uji Linieritas hasil Bakery (Y) atas Kepercayaan Diri (X) dengan nilai $F_{hitung} < F_{tabel}$ yakni ialah Linier dengan bentuk persamaan regresi $Y = 92,89 + 0,61X$ pada taraf kepercayaan $\alpha = 0,05$. Koefisien arah regresi Y atas X ialah berarti karena $F_{hitung} > F_{tabel}$ ($8,32 > 4,20$), Berdasarkan hasil analisis korelasi product moment, ditemukan adanya korelasi yang positif dan signifikan antara Kepercayaan Diri dengan hasil praktek Bakery, dengan nilai $r_{xy} = 0,1288$. Dengan demikian $r_{hitung} > r_{tabel}$ ($0,1288 > 0,361$) pada taraf signifikan 5%. Artinya semakin besar kepercayaan diri siswa, semakin baik pula hasil yang diperoleh dalam praktek Bakery.

Kata Kunci: Kepercayaan Diri, Hasil Praktek Bakery

ABSTRACT

Dwi Utami Anugrah Lubis. 5213342006. "The Relationship Between Self-Confidence and Bakery Practice Results in Grade XI at SMKS Sinar Husni 1 BM Labuhan Deli." Culinary Arts Education. Family Welfare Education. Culinary Arts Education. Faculty of Engineering. State University of Medan. 2025.

This study aims to determine: (1) Self-confidence. (2) Students' practical results in the field of pastry. (3) The relationship between self-confidence and practical results in the field of pastry. This study was conducted at SMKS Sinar Husni 1 BM Labuhan Deli. The research period was in September 2025. The research population consisted of all 30 students in grade 11 majoring in culinary arts. The sampling technique used was total sampling. Data collection techniques used questionnaires to determine self-confidence and practical results in the field of baking through practical result assessment sheets. Data analysis techniques used descriptive data analysis with analysis requirements tests, normality tests with linearity tests, and hypothesis tests with product moment correlation tests.

The results of the study show that the level of self-confidence is in the high category at 53 percent (16 students) and the bakery practice results are in the highly competent category at 77 percent (23 students). The results of the Normality Test Analysis with $dk = 5$ on the Self-Confidence variable, namely $c^2_{count} < c^2_{table}$ ($6.05 < 11.07$) and the Bakery Practice Results variable, namely $c^2_{count} < c^2_{table}$ ($28,0 < 11.07$) at a significance level of 5 percent, is normally distributed. The results of the linearity test of Bakery results (Y) on Self-Confidence (X) with a value of $F_{count} < F_{table}$, namely Linear with the regression equation $Y = 92.89 + 0.61X$ at a confidence level of $\alpha = 0.05$. The regression coefficient of Y on X is significant because $F_{calculated} > F_{table}$ ($8.32 > 4.20$). Based on the results of the product moment correlation analysis, a positive and significant correlation was found between Self-Confidence and Bakery practice results, with a value of $r_{xy} = 0.1288$. Thus, $r_{hitung} > r_{tabel}$ ($0.1288 > 0.361$) at a significance level of 5%. It can be observed that the greater the students' self-confidence, the better the results obtained in the bakery practice.

Keywords: Self-Confidence, Bakery Practice Results