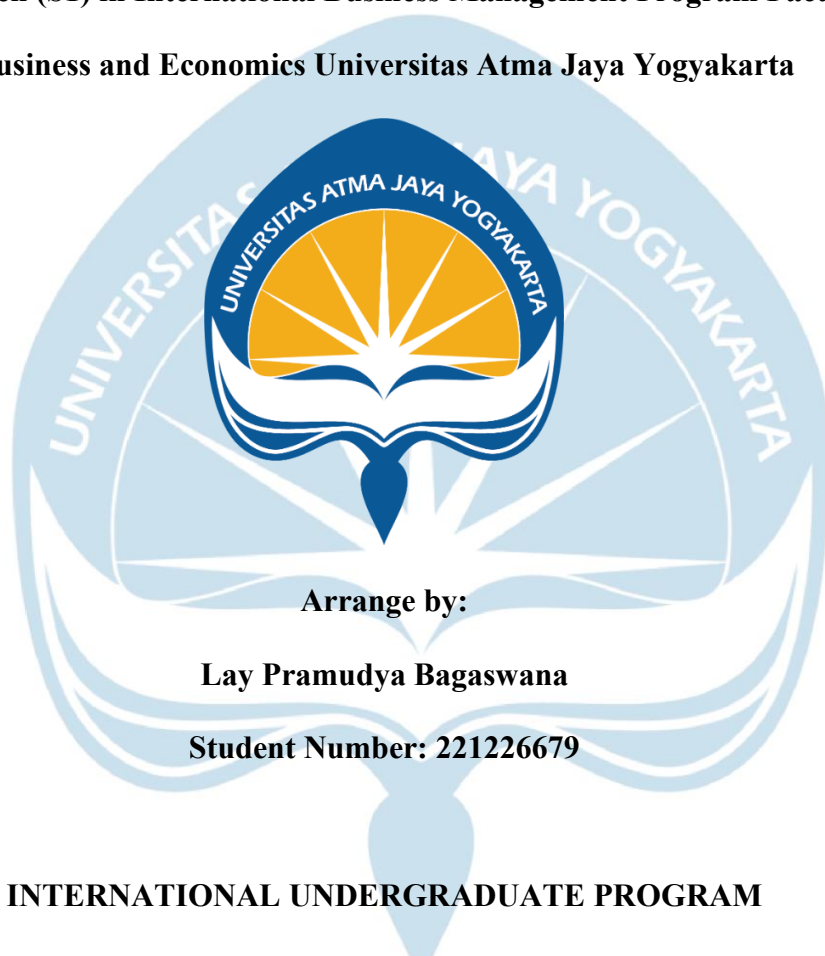


**HOW CONSCIENTIOUSNESS INFLUENCES ACADEMIC SELF-
EFFICACY IN FINAL YEAR COLLEGE STUDENTS: THE MEDIATING
ROLES OF GROWTH MINDSET AND GRIT**

THESIS

**Presented as Partial Fulfilment of the Requirement of the Degree of Sarjana
Manajemen (S1) in International Business Management Program Faculty of
Business and Economics Universitas Atma Jaya Yogyakarta**



Arrange by:

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**INTERNATIONAL UNDERGRADUATE PROGRAM
BUSINESS MANAGEMENT**

FACULTY OF BUSINESS AND ECONOMICS

UNIVERSITY OF ATMA JAYA YOGYAKARTA

2026

ACKNOWLEDGEMENT

To begin with, the researcher expresses deep gratitude and respect towards the God, Jesus Christ for all the blessings showered on him and to successfully conduct this undergraduate thesis. The blessings from the Lord have made it possible for the researcher to apply all the knowledge acquired during the studies at the Universitas Atma Jaya Yogyakarta. In connection with this, the researcher would also like to express heartfelt gratitude to all parties involved in making this research happen. During the period of preparing the thesis, the researcher received numerous supports and guidances from various parties. Thus, considering this, the researcher wishes to express heartfelt gratitude and thanks to:

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The researcher realizes the presence of the limitations of this research and is open to receiving any criticism and suggestions on how to improve this thesis in the future. In spite of all these flaws and weaknesses, the researcher believes that this paper can become useful to someone in one way or another.

Yogyakarta, 1st July 2026

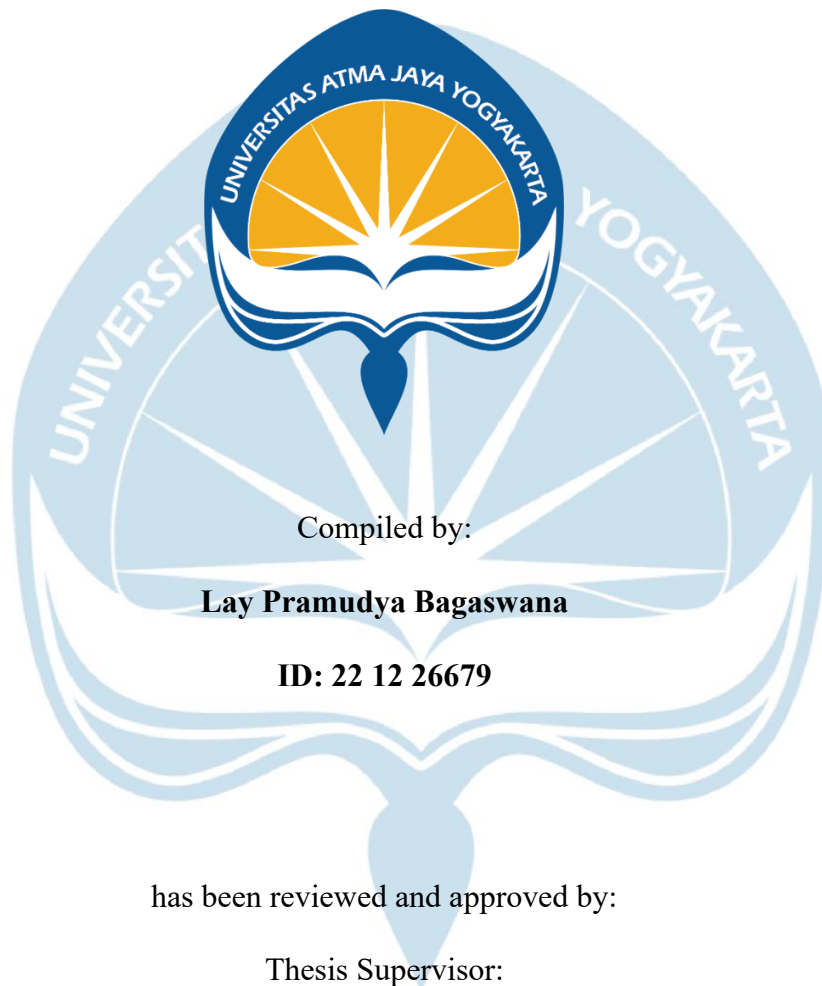
Researcher,



Lay Pramudya Bagaswana

APPROVAL PAGE

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ROLES OF GROWTH MINDSET AND GRIT**



A handwritten signature in black ink, reading 'Dismas', with a stylized arrow pointing to the right.

Dismas Persada D. Pramudita, S.M., M.SM.

LEGITIMATION PAGE

THESIS

HOW CONSCIENTIOUSNESS INFLUENCES ACADEMIC SELF-EFFICACY IN FINAL YEAR COLLEGE STUDENTS: THE MEDIATING ROLES OF GROWTH MINDSET AND GRIT

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ACKNOWLEDGEMENT

I, Lay Pramudya Bagaswana solemnly affirm that the work presented in this thesis titled:

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is entirely my own effort, except where otherwise acknowledged. All sources used in this thesis have been duly cited and referenced. I have not used any unauthorized assistance or resources in completing this work. Furthermore, I declare that this thesis has not been submitted for any other degree or qualification at Universitas Atma Jaya Yogyakarta or any other institution.

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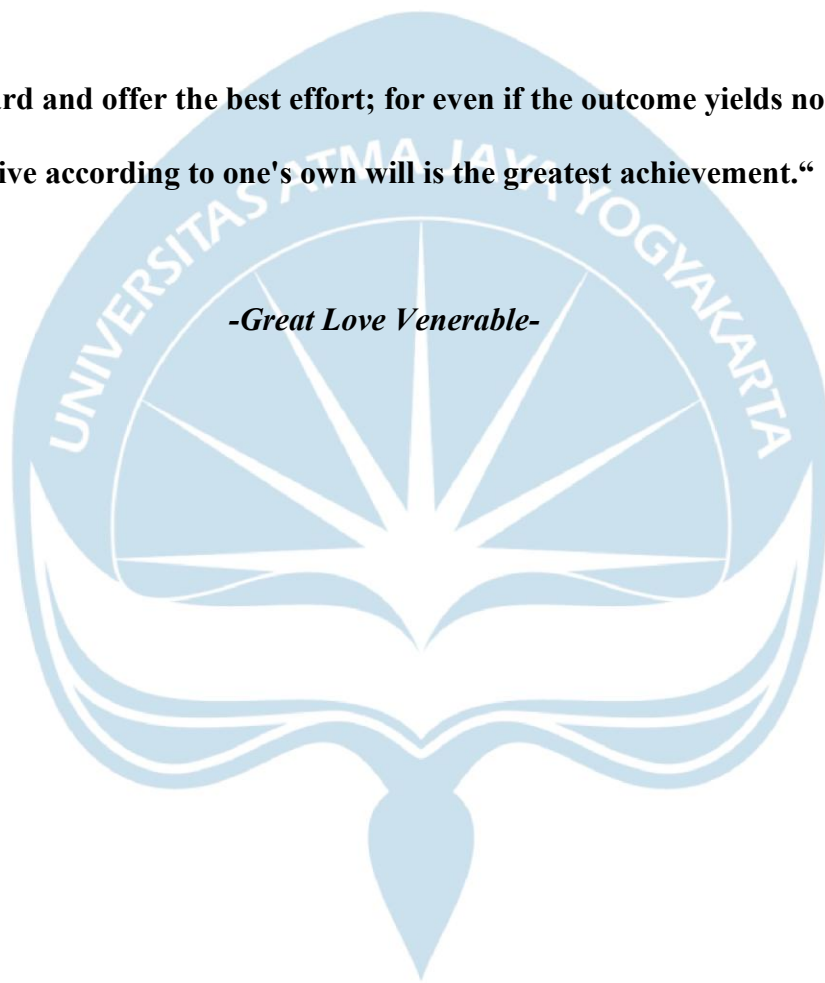


Lay Pramudya Bagaswana

MOTTO

**“Work hard and offer the best effort; for even if the outcome yields nothing,
to live according to one's own will is the greatest achievement.”**

-Great Love Venerable-



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THESIS

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UNIVERSITY OF ATMA JAYA YOGYAKARTA

2026

Abstract

Non-cognitive skills such as Conscientiousness, Growth Mindset, and Grit have been widely studied in Western and East Asian academic contexts, yet remain underexplored among Indonesian university students approaching the school-to-work transition. This study is conducted to examine how Conscientiousness influences Academic Self-Efficacy, with Growth Mindset and Grit serving as mediating variables. The research was conducted with 100 final-year students from the Faculty of Business and Economics, Universitas Atma Jaya Yogyakarta. Data were collected through questionnaires and analyzed using the PROCESS macro (v4.2) by Andrew Hayes with a simple mediation model. Research has shown that Conscientiousness has a significant and positive effect on Academic Self-Efficacy both directly and indirectly, with Growth Mindset and Grit individually confirmed as partial mediators. This research highlights that cultivating discipline, a growth-oriented belief system, and sustained perseverance forms the essential psychological infrastructure for Indonesian final-year students to bridge the national competency gap.

Keywords: Conscientiousness, Academic Self-Efficacy, Growth Mindset, Grit, Mediation Analysis

Table of Contents

APPROVAL PAGE	iv
LEGITIMATION PAGE	v
AUTHENTICITY ACKNOWLEDGEMENT	vi
Abstract	viii
CHAPTER I INTRODUCTION	1
1.1. Background of the Study	1
1.2. Problem Statement	5
1.3. Scope of Research	6
1.4. Research Objectives	7
1.5. Research Benefits	7
1.6. Research Structure	9
CHAPTER II LITERATURE REVIEW	11
2.1. Literature Review	11
2.1.1. Conscientiousness	11
2.1.2. Academic Self-Efficacy	12
2.1.3. Growth Mindset	15
2.2 Previous Research	19
2.3. Hypothesis	21
2.3.1. The effect of conscientiousness on academic self-efficacy.	21
2.3.2. The effect of conscientiousness on growth mindset.	22
2.3.3. The effect of conscientiousness on grit.	23
2.3.4. The effect of growth mindset on academic self-efficacy.	23
2.3.5. The effect of grit on academic self-efficacy.	24
2.3.6. The mediation effect of growth mindset on the relationship of conscientiousness and academic self-efficacy.	25
2.3.7. The mediation effect of grit on the relationship of conscientiousness and academic self-efficacy.	26
2.4. Research Framework	26
CHAPTER III METHODOLOGY	29
3.1. Research Characteristics	29
3.2. Object, Subject, and Location	29
3.2.1. Object	29
3.2.2. Subject	29
3.2.3 Location	30

3.3. Population dan Sample.....	30
3.3.1. Population	30
3.3.2. The Research Sample.....	31
3.3.3. Sampling Technique.....	31
3.4. Data Colleting Methods	32
3.5. Research Instruments	32
3.6. Research Testing Methods	34
3.6.1. PROCESS Andrew Hayes 4.2	34
3.6.2. Validity Test.....	34
3.6.3. Reliability Test	35
3.7. Data Analysis Method.....	35
3.7.1. Descriptive Analysis	35
3.7.2 Classical Assumption Test	36
3.8 Hypothesis Test.....	37
3.8.1 F Test.....	37
3.8.2 Partial Test (t).....	38
3.8.3 Multiple Coefficient of Determination Analysis	38
3.8.4 Mediation Test	38
CHAPTER IV RESULT & DISCUSSION	40
4.1. Respondent Demographics Analysis	40
4.1.1. Respondent Demographics Analysis : Gender.....	40
4.1.2. Respondent Demographics Analysis : Age.....	40
4.2. Instrument Testing Results.....	41
4.2.1 Validity Test.....	41
4.2.2. Reliability Test	43
4.3. Descriptive Analysis Result	43
4.3.1 Conscientiousness	43
4.3.2 Growth Mindset	44
4.3.3 Grit	46
4.3.4 Academic Self-Efficacy	47
4.4. Classical Assumption Test Result.....	49
4.4.1 Normality Test	49
4.4.2 Heteroscedasticity Test Results	49
4.4.3 Multicollinearity Test Result	50

4.5. Hypothesis Test.....	50
4.5.2. Partial Test (t).....	51
4.6. Multiple Coefficient of Determination Analysis.....	53
4.7. Mediation Test	54
4.8 Discussion	55
4.8.1 The Effect of Conscientiousness (CON) on Academic Self-Efficacy (ASE)	55
4.8.2 The Effect of Conscientiousness (CON) on Growth Mindset (GM) ...	56
4.8.3 The Effect of Conscientiousness (CON) on Grit (GRIT)	57
4.8.4 The Effect of Growth Mindset (GM) on Academic Self-Efficacy (ASE)	57
4.8.5 The Effect of Grit (GRIT) on Academic Self-Efficacy (ASE)	58
4.8.6 The Indirect Effect of Conscientiousness (CON) on Academic Self-Efficacy (ASE) Through Growth Mindset (GM).....	59
4.8.7 The Indirect Effect of Conscientiousness (CON) on Academic Self-Efficacy (ASE) Through Grit (GRIT).....	59
CHAPTER V CONCLUSION	61
5.1. Conclusion	61
5.2. Managerial Implications.....	62
5.3. Research Limitations.....	65
5.4. Suggestions	67
REFERENCES.....	70
APPENDIX	74
Appendix 1 Research Questionnaire.....	74
Appendix 2 Respondent Responses	81
Appendix 3 Descriptive Test.....	98
Appendix 4 Validity and Reliability Test	100
Appendix 5 Classical Assumption Test	111
Appendix 6 Hypothesis Test	112
Appendix 7 Coefficient of Determination.....	114