

**HUBUNGAN *ADVERSITY QUOTIENT* DENGAN STRES AKADEMIK  
PADA MAHASISWA YANG MENYUSUN SKRIPSI  
DI FAKULTAS PSIKOLOGI UNPRI**

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INTISARI

Proses penyusunan skripsi merupakan salah satu tahapan akademik yang dapat menimbulkan stres akademik akibat berbagai tuntutan dan hambatan yang dihadapi mahasiswa. *Adversity Quotient* diduga menjadi salah satu faktor yang berkaitan dengan kemampuan mahasiswa dalam menghadapi tekanan tersebut. Penelitian ini bertujuan untuk mengetahui hubungan antara *Adversity Quotient* dan stres akademik pada mahasiswa yang menyusun skripsi di Fakultas Psikologi Universitas Prima Indonesia. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Populasi penelitian berjumlah 460 mahasiswa Fakultas Psikologi Universitas Prima Indonesia yang sedang menyusun skripsi, dengan sampel sebanyak 210 mahasiswa yang ditentukan berdasarkan tabel Isaac dan Michael pada taraf kesalahan 5%. Pengumpulan data dilakukan menggunakan skala Stres Akademik dan skala *Adversity Quotient* berbentuk skala Likert yang telah memenuhi kriteria validitas dan reliabilitas. Analisis data menggunakan teknik Pearson Product Moment Correlation dengan bantuan IBM SPSS Statistics versi 20. Hasil analisis *Pearson Product Moment* menunjukkan nilai koefisien korelasi sebesar  $r = -0,527$  dengan  $p = 0,000$  ( $p < 0,05$ ). Temuan ini mengindikasikan bahwa semakin tinggi *Adversity Quotient* yang dimiliki mahasiswa, semakin rendah tingkat stres akademik yang dialaminya.

**Kata Kunci:** *Adversity Quotient*, Stres Akademik, Mahasiswa, Skripsi.

***THE RELATIONSHIP BETWEEN THE ADVERSITY QUOTIENT AND ACADEMIC STRESS AMONG UNDERGRADUATE STUDENTS WRITING THEIR THESES AT THE FACULTY OF PSYCHOLOGY, UNPRI***

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***ABSTRACT***

*The thesis writing process is an academic stage that can lead to academic stress due to the various demands and obstacles students face. Adversity Quotient is believed to be a factor related to students' ability to cope with such pressures. This study aims to examine the relationship between Adversity Quotient and academic stress among students writing their theses at the Faculty of Psychology, Prima Indonesia University. This study employs a quantitative approach with a correlational design. The study population consists of 460 students from the Faculty of Psychology at Prima Indonesia University who are currently writing their theses, with a sample of 210 students determined based on the Isaac and Michael table at a 5% error level. Data collection was conducted using the Academic Stress Scale and the Adversity Quotient Scale, both in the form of Likert scales that met the criteria for validity and reliability. Data analysis used the Pearson Product Moment Correlation technique with the assistance of IBM SPSS Statistics version 20. The results of the Pearson Product-Moment correlation analysis showed a correlation coefficient of  $r = -0.527$  with  $p = 0.000$  ( $p < 0.05$ ). These findings indicate that the higher a student's Adversity Quotient, the lower their level of academic stress.*

***Keywords:*** *Adversity Quotient, Academic Stress, Students, Thesis.*