

HUBUNGAN ANTARA REGULASI EMOSI DENGAN STRESS AKADEMIK PADA MAHASISWA TINGKAT SATU FAKULTAS PSIKOLOGI di UNIVERSITAS PRIMA INDONESIA

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Dilakukannya penelitian berikut dengan tujuan agar dapat membuktikan serta menguji hubungan antara Regulasi emosi dengan stress akademik. Ditetapkan sampel penelitian yaitu 127 mahasiswa Fakultas Psikologi Universitas Prima Indonesia tingkat satu dengan teknik *disproportionate stratified random sampling*. Data dianalisa menggunakan uji korelasi *pearson product moment*, sehingga diperoleh $r = -0.20$ dan sign sebesar 0.00 ($P > 0.05$) hal ini menunjukkan adanya korelasi negatif dan tidak signifikan, dengan kekuatan korelasi yang cukup kuat. Hasil penelitian menunjukkan bahwa ada hubungan antara regulasi emosi dengan stress akademik pada mahasiswa tingkat satu fakultas psikologi di universitas prima Indonesia

Kata Kunci : Regulasi Emosi, Stress Akademik , Mahasiswa

***THE RELATIONSHIP BETWEEN EMOTION REGULATION AND ACADEMIC
STRESS IN FIRST LEVEL STUDENTS OF THE FACULTY OF PSYCHOLOGY
AT PRIMA INDONESIA UNIVERSITY***

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The following research was conducted with the aim of proving and examining the relationship between emotional regulation and academic stress. The study involved a sample of 127 first-year psychology students at Prima Indonesia University, selected using disproportionate stratified random sampling. The data were analyzed using the Pearson product-moment correlation test, resulting in an r value of -0.20 and a significance level of 0.000 ($P > 0.05$). This indicates a negative and non-significant correlation, with a relatively strong correlation strength. The research findings demonstrate that there is a relationship between Emotional Regulation and Academic Atrass among first-year psychology students at Prima Indonesia University.

Keywords: Emotion Regulation, Academic Stress, Students