

**HUBUNGAN KESEHATAN MENTAL DENGAN MOTIVASI BELAJAR PADA
MAHASISWA FAKULTAS PSIKOLOGI DI UNIVERSITAS PRIMA
INDONESIA YANG KULIAH SAMBIL BEKERJA**

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INTISARI

Penelitian dilakukan dengan maksud untuk mengeksplorasi hubungan antara kesehatan mental dan motivasi belajar pada mahasiswa yang mengikuti perkuliahan sambil bekerja. Sampel yang terlibat terdiri dari 146 mahasiswa psikologi Universitas Prima Indonesia yang sedang menjalani perkuliahan dan bekerja. Uji asumsi meliputi uji normalitas dan uji linieritas, dipergunakan untuk memastikan data memenuhi syarat analisis. Teknik Korelasi *Pearson Product Moment* diterapkan guna menganalisis data penelitian. Hasil penelitian mengindikasikan adanya hubungan positif signifikan kesehatan mental dengan motivasi belajar, dibuktikan dengan $r = 0.746$ dan $p = 0.000$. Variabel kesehatan mental berkontribusi secara efektif sebesar 55.7% terhadap motivasi belajar, sedangkan 44.3% sisanya dipengaruhi oleh variabel lain di luar ruang lingkup penelitian ini. Temuan tersebut menunjukkan pentingnya perhatian terhadap kesehatan mental mahasiswa, terutama bagi mereka yang juga bekerja, agar dapat mempertahankan motivasi belajar yang optimal.

Kata Kunci: Motivasi Belajar, Kesehatan Mental, Mahasiswa yang bekerja

***THE RELATIONSHIP BETWEEN MENTAL HEALTH AND LEARNING
MOTIVATION IN PSYCHOLOGY FACULTY STUDENTS AT PRIMA INDONESIA
UNIVERSITY WHO STUDY WHILE WORKING***

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ABSTRACT

The study was conducted with the intention of exploring the relationship between mental health and learning motivation in students who attend lectures while working. The sample involved consisted of 146 psychology students of Prima Indonesia University who were studying and working. Assumption tests, including normality and linearity tests, were used to ensure the data met the requirements for analysis. The Pearson Product Moment Correlation technique was applied to analyze the research data. The results indicated a significant positive relationship between mental health and learning motivation, as evidenced by $r = 0.746$ and $p = 0.000$. Mental health variables effectively contributed 55.7% to learning motivation, while the remaining 44.3% was influenced by other variables outside the scope of this study. The findings show the importance of paying attention to students' mental health, especially for those who also work, in order to maintain optimal learning motivation.

Keywords : Learning Motivation, Mental Health, Working Students