

HUBUNGAN ANTARA DUKUNGAN SOSIAL DENGAN STRES AKADEMIK PADA MAHASISWA JURUSAN PSIKOLOGI UNIVERSITAS PRIMA INDONESIA

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INTISARI

Penelitian ini bertujuan untuk mengkaji keterkaitan antara tingkat dukungan sosial dengan stres akademik pada mahasiswa Program Studi Psikologi Universitas Prima Indonesia. Metode yang digunakan adalah pendekatan kuantitatif dengan desain penelitian korelasional. Partisipan penelitian berjumlah 251 mahasiswa yang berasal dari semester awal hingga semester tujuh, yang ditentukan melalui teknik simple random sampling. Pengumpulan data dilakukan dengan menggunakan instrumen berupa skala dukungan sosial dan skala stres akademik yang telah melalui proses uji validitas dan reliabilitas. Data yang diperoleh dianalisis menggunakan teknik korelasi Pearson Product Moment dengan bantuan aplikasi SPSS versi 20. Hasil analisis menunjukkan adanya hubungan negatif yang bermakna antara dukungan sosial dan stres akademik ($r = -0,208$; $p = 0,001$), dengan kontribusi efektif sebesar 4,3%. Temuan ini mengindikasikan bahwa semakin tinggi dukungan sosial yang diterima mahasiswa, semakin rendah tingkat stres akademik yang mereka alami.

Kata Kunci: Dukungan Sosial, Stres Akademik, Mahasiswa Psikologi

***The Relationship Between Social Support and Academic Stress
Among Psychology Students at Prima Indonesia
University***

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ABSTRACT

This study aims to examine the relationship between the level of social support and academic stress among students in the Psychology Study Program at Prima Indonesia University. The method used is a quantitative approach with a correlational research design. The study participants consisted of 251 students from the first to seventh semesters, who were selected using simple random sampling. Data collection was conducted using instruments in the form of a social support scale and an academic stress scale that had undergone validity and reliability testing. The data obtained were analyzed using the Pearson Product Moment correlation technique with the help of SPSS version 20. The results of the analysis showed a significant negative relationship between social support and academic stress ($r = -0.208$; $p = 0.001$), with an effective contribution of 4.3%. These findings indicate that the higher the social support received by students, the lower their level of academic stress.

Keywords: Social Support, Academic Stress, Psychology Students