

**HUBUNGAN HARDINESS DENGAN ACADEMIC RESILIENCE PADA
MAHASISWA FAKULTAS PSIKOLOGI YANG BERKULIAH SAMBIL
BEKERJA DI UNIVERSITAS PRIMA INDONESIA**

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ABSTRAK

Tantangan terbesar bagi mahasiswa yang mengambil tanggung jawab untuk kuliah sambil bekerja adalah bagaimana menyeimbangkan keberhasilan pendidikan dan pekerjaannya. Diperlukan perilaku dan sikap dewasa dari mahasiswa agar keduanya berjalan harmonis dan mencapai keberhasilan. Jika mahasiswa tidak mampu menyeimbangkan keduanya, maka sangat berpotensi akan menimbulkan kegagalan di salah satu tanggung jawab tersebut, atau bahkan gagal keduanya. Penelitian ini fokus pada hubungan hardiness mahasiswa Psikologi Universitas Prima Indonesia yang kuliah sambil bekerja dalam mencapai academic resilience. Penelitian dilakukan dengan metode kuantitatif dengan analisis data menggunakan bantuan SPSS Versi 27. Populasi penelitian berjumlah 976 mahasiswa. Dengan bantuan Tabel Isaac Michael terpilih sampel sebanyak 258 sampel. Teknik pengumpulan data dilakukan dengan menyebarkan kuesioner kepada semua sampel. Analisis data dilakukan menggunakan korelasi *Pearson Product moment*. Hasil penelitian menunjukkan bahwa hardiness berpengaruh positif dan signifikan terhadap academic resilience mahasiswa Psikologi Universitas Prima Indonesia yang kuliah sambil bekerja dengan koefisien positif 0,212 dan signifikansi 0,000. Artinya hardiness yang tinggi akan meningkatkan pencapaian academic resilience. Dan hardines yang rendah akan menurunkan pencapaian academic resilience.

Kata Kunci: *Hardiness, Academic Resilience*

The Relationship between Hardiness and Academic Resilience in Psychology Faculty Students Studying While Working at Prima Indonesia University

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ABSTRACT

The biggest challenge for students who take on the responsibility of studying while working is how to balance their educational success and their work. Mature behavior and attitudes are required for both to run harmoniously and achieve success. If students are unable to balance the two, there is a high potential for failure in one of these responsibilities, or even failure in both. This study focuses on the relationship between hardiness and academic resilience between psychology students at Prima Indonesia University who study while working. The study used quantitative methods with data analysis using SPSS Version 27. The study population consisted of 976 students. Using Isaac Michael Tables, a sample of 258 was selected. Data collection was conducted by distributing questionnaires to all participants. Data analysis was conducted using Pearson Product Moment Correlation. The results showed that hardiness had a positive and significant effect on academic resilience among psychology students at Prima Indonesia University who study while working, with a positive coefficient of 0.212 and a significance level of 0.000. This means that high hardiness will increase academic resilience, while low hardiness will decrease academic resilience.

Keywords: Hardiness, Academic Resilience