

ABSTRAK

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PENGARUH *SELF-EFFICACY* TERHADAP STRES AKADEMIK MAHASISWA TAHUN PERTAMA DI MASA PANDEMI COVID-19

(x + 38 halaman: 12 tabel; 17 lampiran)

Tahun pertama bagi mahasiswa merupakan masa transisi yang kompleks, selain itu di masa pandemi Covid-19 juga terdapat berbagai kendala akibat pembelajaran jarak jauh (PJJ). Mahasiswa yang tidak mampu menghadapi tantangan dan kendala tersebut berpotensi mengalami stres akademik yang dapat berdampak secara negatif bagi mereka. Mahasiswa tahun pertama memerlukan keyakinan yang kuat pada kemampuan yang dimiliki agar mereka mampu mengelola dan memaksimalkan potensinya untuk menghadapi tantangan transisi dan kendala PJJ. Penelitian ini bertujuan untuk mengetahui pengaruh *self-efficacy* terhadap stres akademik mahasiswa tahun pertama di masa pandemi. Penelitian ini diikuti oleh 274 mahasiswa tahun pertama dari berbagai perguruan tinggi dengan rentang usia 18-21 tahun. *Self-efficacy* dalam penelitian ini diukur menggunakan skala *Self-efficacy*, sedangkan stres akademik diukur menggunakan alat ukur *Stressor Scale for College Student*. Hasil penelitian menunjukkan terdapat pengaruh signifikan *self-efficacy* terhadap stres akademik mahasiswa tahun pertama di masa pandemi Covid-19 ($r = 0,369$, $r^2 = 0,136$; $p < 0,05$).

Kata Kunci: Mahasiswa Tahun Pertama; *Self Efficacy*; Stres Akademik
Referensi: 37 (2007-2021)

ABSTRAK

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THE INFLUENCES OF SELF-EFFICACY TOWARD ACADEMIC STRESS AMONG FIRST YEAR STUDENT DURING COVID-19 PANDEMIC

(x + 38 pages: 12 table; 17 attachment)

The first year for college students is a complex transition period, besides that during the Covid-19 pandemic, there are also various obstacles due to the implementation of online learning. First year student who are unable to face these challenges and obstacles have the potential to experience academic stress which can have a negative impact for them. First year students need a strong belief in their abilities so that they are able to manage and maximize their potential to face transition challenges and Online Learning obstacles. This study aims to determine the effect of self-efficacy on the academic stress of first year students during the pandemic. This study was followed by 274 first year students from various college with an age range of 18-21 years. Self-efficacy in this study was measured using the Self-efficacy scale, while academic stress was measured using the Stressor Scale for College Student. The result showed that there was a significant effect of self-efficacy on the academic stress of first year students during the Covid-19 pandemic ($r = 0,369$, $r^2 = 0,136$; $p < 0,05$).

Keywords: Academic Stress; First Year Students; Self-Efficacy
References: 37 (2007-2021)