

ABSTRAK

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PENGARUH *SELF REGULATION* TERHADAP STRES AKADEMIK MAHASISWA PERGURUAN TINGGI PADA MASA PANDEMI

(xii + 25 halaman: 3 gambar; 8 tabel; 11 lampiran)

The Covid 19 pandemic is an event which affects students' educational activities in many countries, from which one of them is students in Indonesia. Educational system was transformed into online studying from offline studying system because of this pandemic situation. Furthermore, students' daily activities also went through changes which lead to a huge transformation to their life, this abrupt changes triggers the development of a new source of stress, especially within academic scope. Academic stress may be affected by couples of factors and one of those factors is self-regulation. Among many coping-strategies there are, self-regulation could be one to be use by students in order to manage academic stress in this pandemic situations. Thus, this research aims to look into the impact of self regulation to academic stress within university students in Jakara during pandemic situation. This is a quantitative research and were participated by a total of 141 students across Jakarta. Academic stress was measured by using the questionnaire from Educational Stress Scale for Adolescent (ESSA), while self-regulation was measured by using questionnaire of Self-Regulation Questiionnaire (SRQ). Results of this research shows that there is a significant correlation on the impact of self-regulation to academic stress ($R^2=0,054$, $p>0,01$).

Keywords: Covid 19, Academic Stress, Self Regulation, Student

Pandemi Covid 19 merupakan sebuah peristiwa yang memengaruhi aktivitas pembelajaran mahasiswa di berbagai negara, salah satunya mahasiswa di Indonesia. Sistem pembelajaran turut berubah dari pembelajaran laring menjadi pembelajaran secara daring oleh karena pandemi Covid 19. Selain itu aktivitas sehari-hari mahasiswa turut berubah sehingga mengakibatkan terjadinya perubahan besar dalam hidup mahasiswa yang juga memicu terciptanya sumber stres tambahan bagi mahasiswa, terutama dalam konteks akademis yaitu stres akademik. *Self regulation* dapat menjadi salah satu strategi *coping* yang dapat dilakukan oleh mahasiswa untuk mengatasi stres akademik pada masa pandemi. Dengan demikian, penelitian ini memiliki tujuan untuk melihat pengaruh dari *self regulation* terhadap stres akademik mahasiswa perguruan tinggi pada masa pandemi di Kota Jakarta. Penelitian ini merupakan penelitian kuantitatif, dengan jumlah partisipan sebanyak 141 mahasiswa di Kota Jakarta. Stres akademik diukur menggunakan kuesioner *educational stress scale for adolescents* (ESSA). Sementara *self regulation* diukur menggunakan kuesioner *self-regulation questionnaire* (SRQ). Hasil penelitian menunjukkan bahwa terdapat pengaruh yang signifikan antara *self regulation* terhadap stres akademik ($R^2=0,054$, $p>0,01$).

Kata Kunci: Covid 19, Stres Akademik, *Self Regulation*, mahasiswa
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