

ABSTRAK

Alfredo Amadeo Umbu Datta (00000012379)

PENGARUH *PERCEIVED SOCIAL SUPPORT* TERHADAP *STRESS* PADA MAHASISWA PERANTAU DI TANGERANG DENGAN *SOCIAL AND EMOTIONAL LONELINESS* SEBAGAI VARIABEL MODERATOR
(X + 76 HALAMAN : 1 DIAGRAM, 18 TABEL, 13 LAMPIRAN)

Di Indonesia tidak sedikit individu yang memilih untuk melanjutkan pendidikan mereka menuju perguruan tinggi di luar daerah asalnya dan menjadi mahasiswa perantau. Banyaknya tantangan yang dihadapi mahasiswa perantau menjadikan mereka beresiko memiliki tingkat *stress* yang tinggi. Penelitian-penelitian sebelumnya menemukan bahwa *perceived social support* memiliki hubungan dengan tingkat *stress* individu. *Social and emotional loneliness* juga memiliki kaitan dengan kedua variabel tersebut terutama pada mahasiswa perantau. Studi ini bertujuan untuk meneliti apakah *perceived social support* memiliki pengaruh terhadap *stress* pada mahasiswa perantau dan apakah *social and emotional loneliness* memiliki efek moderasi dalam hubungan ini. Penelitian kuantitatif dilakukan kepada 106 mahasiswa perantau yang sedang menjalani pendidikan strata 1 di daerah Tangerang menggunakan instrumen penelitian yaitu *Multidimensional Scale of Perceived Social Support*, *Perceived Stress Scale*, dan *Social and Emotional Loneliness Scale for Adults*. Hasil menunjukkan bahwa *perceived social support* memiliki pengaruh terhadap *stress* ($\beta = -.335, p < .05$) dan *social and emotional loneliness* ditemukan memiliki efek moderasi. Artinya, meningkatnya *perceived social support* akan menurunkan tingkat *stress* mahasiswa perantau dan *social and emotional loneliness* juga mempengaruhi pengaruh ini. Penemuan lain yang berkaitan dengan variabel penelitian juga turut didiskusikan.

Kata kunci: *perceived social support*; *stress*; *social and emotional loneliness*; mahasiswa perantau

Referensi: 42 (1974-2018)

LAMPIRAN A

ABSTRACT

Alfredo Amadeo Umbu Datta (00000012379)

INFLUENCE OF PERCEIVED SOCIAL SUPPORT ON STRESS IN UNIVERSITY STUDENTS LIVING AWAY FROM HOME AT TANGERANG WITH SOCIAL AND EMOTIONAL LONELINESS AS A MODERATOR VARIABLE

(X + 76 PAGES: 1 DIAGRAM, 18 TABLES, 13 ATTACHMENTS)

In Indonesia, many individuals choose to continue into higher education and study away from their home. The numerous challenges university students that lives away from home face contributes to the risk of high level of stress. Previous studies found that perceived social support relates to an individual's stress level. Social and emotional loneliness also relates to both variables when it comes to university students living away from home. This study aims to find whether perceived social support influence stress in university students living away from home and whether social and emotional loneliness acts as a moderating variable. A quantitative research was conducted with 106 participants which are students currently studying for bachelor's degree by using Multidimensional Scale of Perceived Social Support, Perceived Stress Scale, and Social and Emotional Loneliness Scale for Adults. Results show that perceived social support have significant influence on stress ($\beta = -.335, p < .05$) and social and emotional loneliness is found to act as moderating variable. This means that an increase in perceived social support will reduce stress level of university students and that social and emotional loneliness also affect this influence. Other findings related to the research variables are also discussed.

Keywords: perceived social support; stress; social and emotional loneliness; university students

Reference: 42 (1974-2018)