

ABSTRAK

Mahasiswa kelas karyawan memiliki banyak tantangan salah satunya konflik peran ganda, yang rentan terhadap stres. Stres akademik merupakan persepsi terhadap tuntutan akademik berlebihan yang mengakibatkan munculnya reaksi tubuh, perilaku, pikiran dan emosi yang negatif. Sementara, *psychological well-being* berperan dalam menahan godaan impuls, menjaga kedisiplinan diri, dan menjaga gangguan emosional dari gangguan yang merukan kinerja. Penelitian ini bertujuan untuk mengetahui pengaruh antara *psychological well-being* dengan stres akademik pada mahasiswa kelas karyawan di Universitas X khususnya di wilayah Jakarta. Penelitian menggunakan metode kuantitatif dengan sampel penelitian sebanyak 100 responden. Data demografi seperti jenis kelamin, usia, tingkat semester, status, waktu kerja dan fakultas digunakan peneliti untuk menggambarkan korelasi antara *psychological well-being* dengan stres akademik pada mahasiswa kelas karyawan Universitas X Jakarta. Skala yang digunakan dalam penelitian ini skala stres akademik atau *Student Life Stress Inventory* (SLSI) dari Gadzella dengan item sebanyak 51 item dan skala *psychological well-being* atau *psychological well-being scale* (PWBS) dari Ryff dengan item sebanyak 42 item. Hasil penelitian menunjukkan bahwa ada pengaruh dan korelasi negatif yang signifikan antara *psychological well-being* dengan stres akademik. Namun demikian tidak ditemukan adanya perbedaan yang signifikan antara kelompok jenis kelamin, status, fakultas dan waktu kerja dengan variabel *psychological well-being* dan variabel stres akademik dalam penelitian ini.

Kata Kunci : Stres Akademik, *Psychological Well-Being*



UNIVERSITAS
MERCU BUANA

ABSTRACT

Employee class students have many challenges, one of which is dual role conflict, which is vulnerable to stress. Academic stress is a perception of excessive academic demands which results in negative body reactions, behavior, thoughts and emotions. Meanwhile, psychological well-being plays a role in resisting the temptation of impulses, maintaining self-discipline, and preventing emotional disturbances from harming performance. This research aims to determine the influence between psychological well-being and academic stress in employee class students at University X, especially in the Jakarta area. The research used quantitative methods with a research sample of 100 respondents. Demographic data such as gender, age, semester level, status, working hours and faculty were used by researchers to describe the correlation between psychological well-being and academic stress in employee class students at University X Jakarta. The scales used in this research were the academic stress scale or Student Life Stress Inventory (SLSI) from Gadzella with 51 items and the psychological well-being scale or psychological well-being scale (PWBS) from Ryff with 42 items. The research results show that there is a significant negative influence and correlation between psychological well-being and academic stress. However, no significant differences were found between groups of gender, status, faculty and working time with psychological well-being variables and academic stress variables in this study.

Keywords: Academic Stress, Psychological Well-Being

