

**THE STUDENTS' ACADEMIC STRESS AND STRESSOR OF EMPLOYEE  
CLASS PROGRAMS ON FACULTY OF PSYCHOLOGY UNIVERSITAS  
MERCUBUANA JAKARTA  
(A QUANTITATIVE DESCRIPTION STUDY)**

**ABSTRACT**

*This study aims to analyze, to explain or to describe the psychology students' academic stress and stressor of employees class program in Mercubuana Universitas at Mercubuana Jakarta.*

*This research uses quantitative with descriptive method. The sample in this research is the 282 students of employee class program on Psychology Faculty at Universitas Mercubuana Jakarta who studied while working and enrolled as active students in 2013 until 2016. The sampling technique uses probability stratified random sampling. The data were collected by questionnaires that have been tested for their validity and reliability. Data analysis technique used is descriptive analysis.*

*The results showed that: (1) the majority of academic stress in Psychology Program of Employee Class Program on Mercubuana Universitas Jakarta was in the moderate level (57,4%); (2) the academic stress on the students which were investigated by the academic stressors was in medium level (61,7%) and reaction aspect to academic stressors was in medium level (61,3%); (3) the aspect of academic stressors in the students which was observed by the frustration indicator was in medium level (47.9%), conflicts indicator was in medium level (65.6%), pressures indicator was in medium level (49.3%), changes indicator was in medium level (43,6%), and self imposed indicator was in medium level (60,3%); And (4) reaction aspect toward academic stressors in terms of physiological indicator was in medium level (64,9%), emotional indicator was in high level (55,0%), behavioral indicator was in medium level (43,6%), and cognitive indicator was in medium level (48.6%).*

**Keywords:** *Academic Stress ; Academic Stressor*

**STRESOR AKADEMIK MAHASISWA PROGRAM KELAS KARYAWAN  
FAKULTAS PSIKOLOGI UNIVERSITAS MERCUBUANA JAKARTA  
(SEBUAH STUDI DESKRIPTIF KUANTITATIF)**

**ABSTRAK**

Penelitian ini bertujuan untuk menguraikan, menggambarkan atau mendeskripsikan bagaimana gambaran stress dan stresor akademik mahasiswa psikologi program kelas karyawan universitas Mercubuana Meruya Jakarta.

Penelitian ini menggunakan metode deskriptif. Sampel dalam penelitian ini yaitu mahasiswa program kelas karyawan fakultas psikologi universitas Mercubuana Jakarta yang kuliah sambil bekerja dan terdaftar sebagai mahasiswa aktif tahun 2013 sampai dengan 2016 program kelas karyawan Fakultas Psikologi Universitas Mercubuana Jakarta sebanyak 282 orang. Teknik pengambilan sampel menggunakan *probability stratified random sampling*. Data dikumpulkan dengan kuesioner yang telah diuji validitas dan reliabilitasnya. Teknik analisis data yang digunakan adalah analisis deskriptif.

Hasil penelitian menunjukkan bahwa: (1) stres akademik pada mahasiswa Psikologi Program Kelas Karyawan Universitas Mercubuana Meruya Jakarta mayoritas dalam kategori sedang (57,4%); (2) stres akademik pada mahasiswa ditinjau dari aspek stresor akademik dalam kategori sedang (61,7%) dan aspek reaksi terhadap stresor akademik dalam kategori sedang (61,3%); (3) aspek stresor akademik pada mahasiswa ditinjau dari indikator *frustration* dalam kategori sedang (47,9%), *conflicts* dalam kategori sedang (65,6%), *pressures* dalam kategori sedang (49,3%), *changes* dalam kategori sedang (43,6%), dan *self imposed* dalam kategori sedang (60,3%); dan (4) aspek reaksi terhadap stresor akademik ditinjau dari indikator *physiological* dalam kategori sedang (64,9%), indikator *emotional* dalam kategori tinggi (55,0%), indikator *behavioral* dalam kategori sedang (43,6%), dan indikator *cognitive* dalam kategori sedang (48,6%).

**Kata kunci: Stres Akademik, Stresor Akademik**