

## Hubungan antara stres akademis dan Psychological Well-Being pada mahasiswa tahun pertama Universitas Indonesia = the Correlation between academic stress and psychological well-being among first-year college students in Universitas Indonesia

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### Abstrak

Penelitian ini bertujuan untuk melihat hubungan antara stres akademis dengan psychological well being pada mahasiswa tahun pertama Universitas Indonesia. Partisipan dalam penelitian ini berjumlah 122 mahasiswa tingkat pertama berusia 17-20 yang sedang menempuh semester dua di Universitas Indonesia. Pengukuran psychological well-being menggunakan alat ukur Ryff's Psychological Well-Being Scale (1995) yang telah diadaptasi oleh Yorike dan rekan-rekan payung penelitian psychological well-being tahun 2011. Pengukuran stres akademis menggunakan alat ukur Student-Life Stress Inventory yang dikembangkan oleh Gadzella (1994) dan telah diadaptasikan ke dalam konteks bahasa Indonesia. Berdasarkan hasil penghitungan korelasi Pearson Product Moment, diperoleh hubungan yang negatif dan signifikan antara stres akademis dan psychological well-being pada mahasiswa tahun pertama Universitas Indonesia. Semakin tinggi skor stres akademis yang dimiliki maka semakin tinggi skor psychological wellbeing, begitu pula sebaliknya.

.....The objective of this research is to find the corelation between academic stress and psychological well-being among first-year college students in Universitas Indonesia . The participant for this research were 122 students aged 17-20 whose studied at the second term in Universitas Indonesia. Psychological well-being was measured with Ryff's Psychological well-being Scale (1995) which was constructed by Carol D. Ryff and had been adapted to Indonesian context by Yorike and colleagues in 2011. Academic stress was measured with Student-Life Stress Inventory which constructed by Gadzella and had been adapted to Indonesian context. The coefficient of Pearson Product Moment correlation showed that there is negative and significant correlation between psychological well being and academic stress among first-year college students in Universitas Indonesia. The more academic stress suffered by first-year college students, the lower score of psychological well being they have and vice versa.