

## Hubungan Psychological Distress dan Perceived Social Support Mahasiswa Asing di Universitas Indonesia = Relationship between Psychological Distress and Perceived Social Support among Foreign Student at Universitas Indonesia

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### Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara perceived social support dan psychological distress pada mahasiswa asing di Universitas Indonesia. Peneliti ingin melihat apakah terdapat hubungan pada kedua variabel tersebut dalam suatu populasi khusus, dimana mahasiswa asing tidak berada dekat dengan sumber dukungan sosialnya. Penelitian ini menggunakan pendekatan kuantitatif pada 121 mahasiswa asing UI melalui teknik non-random sampling dengan alat ukur HSCL-25 untuk mengukur tingkat psychological distress dan alat ukur MSPSS (Zimet, 1988) untuk mengukur perceived social support partisipan. Dari penelitian ini, ditemukan korelasi signifikan (LOS 0.05,  $r=-.199$ ,  $N=102$ ,  $p<0.05$ , 2-tailed) antara tingkat psychological distress dan perceived social support pada mahasiswa asing di Universitas Indonesia dengan nilai.

.....The main intention of this study was to find out about the relationship between psychological distress and perceived social support among foreign students in Universitas Indonesia. Researcher wanted to know about any relationship that might happen between those two variables on one special population as foreign student, whose sources of social support were separated in a far distance. This study used a quantitative approach on 121 foreign students in Universitas Indonesia using non-random sampling technique. HSCL- 25 was used to measure psychological distress and MSPSS (Zimet, 1988) to measure perceived social support. Based on the result, this study found that there was a significant correlation (LOS 0.05,  $r=-.199$ ,  $N=102$ ,  $p<0.05$ , 2-tailed) between psychological distress and perceived social support among foreign students at Universitas Indonesia.