

## Hubungan antara optimisme dan stres pada mahasiswa penerima beasiswa Bidikmisi di Universitas Indonesia = The correlation between optimism and stress among students of Bidikmisi scholarship at Universitas Indonesia / Lu Lu Nurrahiimah Assyahidah

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### Abstrak

[Penelitian ini bertujuan untuk melihat apakah terdapat hubungan antara optimisme dan stres pada mahasiswa penerima beasiswa Bidikmisi di Universitas Indonesia. Optimisme dalam penelitian ini didefinisikan sebagai keyakinan umum bahwa akan terjadi sesuatu yang baik (Schieier & Carver, 1985). Stres dalam penelitian ini merupakan keadaan yang muncul ketika individu merasa bahwa ia tidak dapat secara memadai mengatasi tuntutan yang ditunjukkan pada dirinya atau merasakan adanya ancaman terhadap dirinya (Lazarus, 1966). Life Orientation Test-Revised (Carver & Scheier, 1988) dan Perceived Stress Scale (Scheier, Carver, & Bridges, 1994) digunakan untuk mengukur optimisme dan stres mahasiswa. Dalam penelitian ini mengambil sebanyak 258 mahasiswa Bidikmisi UI dari angkatan 2014 sampai 2011. Hasil penelitian menunjukkan bahwa terdapat hubungan signifikan dan negatif antara optimisme dan stres pada mahasiswa penerima beasiswa Bidikmisi.

;This correlational research was conducted to find the correlation between optimism and stress in college students with Bidikmisi scholarship at University of Indonesia. Optimisme is defined as general belief that something good will happen (Schieier & Carver, 1985) and Stress in this study is defined as a condition that arises when an individual feels that they can not adequately cope with the demands indicated on them or feel any threat against themselves (Lazarus, 1966) . Life Orientation Test-Revised (Scheier, Carver, & Bridges, 1994) and the Perceived Stress Scale (Cohen and williamson, 1988) was used to measure optimism and stress students. In this study as many as 258 students that received the Bidikmisi scholarsip in University of Indonesia was asked to partisipate. The results showed that there is a significant and negative correlation between optimism and stress on Bidikmisi scholarship recipients in UI.

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