

## Hubungan antara distres psikologis dan perceived social support pada mahasiswa = The Correlation between psychological distress and perceived social support among college students

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### Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara distres psikologis dan perceived social support pada mahasiswa. Penelitian ini dilakukan menggunakan metode kuantitatif. Partisipan dalam penelitian ini adalah 1024 mahasiswa di Indonesia usia 18-25 tahun yang terdiri dari 727 orang perempuan 71 dan 297 orang laki-laki 29 . Distres psikologis diukur menggunakan Hopkins Symptom Checklist ndash; 25 HSCL-25 dan perceived social support diukur menggunakan Social Provisions Scale SPS .

Hasil penelitian ini menunjukkan bahwa terdapat korelasi yang negatif dan signifikan antara distres psikologis dan perceived social support pada mahasiswa  $r = -0,270$ ,  $p = 0,000$ , signifikan pada LoS 0,01 . Artinya, semakin tinggi distres psikologis pada mahasiswa, semakin rendah perceived social support yang dimilikinya.

.....This research aimed to investigate the relationship between psychological distress and perceived social support among college students. This research was conducted using quantitative method. The participants of this research were 1024 college students in Indonesia aged 18 25 years old which consisted of 727 female 71 and 297 male 29 . Psychological distress was measured using Hopkins Symptom Checklist ndash 25 HSCL 25 and perceived social support was measured using Social Provisions Scale SPS .

The result of this research showed that there was a significant negative correlation between psychological distress and perceived social support among college students in Indonesia  $r 0,270$ ,  $p 0,000$ , significant at LoS 0,01 . It means that the higher psychological distress, the lower perceived social support among college students.