

## Hubungan antara trait kepribadian dan distres psikologis pada mahasiswa: sebuah aplikasi dari five-factor model = The correlation between personality traits and psychological distress among college students an application of the five factor model

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### Abstrak

Penelitian ini bertujuan untuk melihat hubungan antara trait kepribadian dan distres psikologis pada mahasiswa. Responden dalam penelitian ini merupakan mahasiswa yang berjumlah 1024 orang dari berbagai perguruan tinggi di Indonesia. Distres psikologis diukur dengan menggunakan alat ukur Hopkins Symptom Checklist-25 HSCL-25, sementara itu trait kepribadian diukur dengan menggunakan Big Five Inventory-44 BFI-44.

Hasil penelitian menunjukkan trait kepribadian extraversion dan conscientiousness berhubungan negatif dan signifikan terhadap distres psikologis. Sementara itu, trait kepribadian neuroticism berhubungan positif dan signifikan terhadap distres psikologis. Namun, trait kepribadian agreeableness dan openness tidak berhubungan signifikan dengan distres psikologis.

.....This study was conducted to examine the correlation between personality traits and psychological distress among college students. 1024 students from various colleges in Indonesia had participated in this study. Psychological distress was measured by Hopkins Symptom Checklist 25 HSCL 25, and Personality traits were measured by Big Five Inventory 44 BFI 44.

The result indicated there was significant positive correlation between neuroticism and psychological distress, and there was significant negative correlation between others two dimensions of personality extraversion, conscientiousness and psychological distress. It was also found that there wasn't significant correlation between agreeableness and openness personality traits in experiencing psychological distress.