

# Hubungan antara self regulated learning dan distres psikologis pada mahasiswa baru Universitas Indonesia = The relationship between self regulated learning and psychological distress among first year student in University Indonesia

Maya Efriza, author

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## Abstrak

Dalam menjalani peran sebagai mahasiswa baru banyak masalah yang harus dihadapi, sehingga dapat menimbulkan distres psikologis. Untuk mengatasi masalah tersebut, diperlukan upaya-upaya sistematis untuk menunjang kegiatan dalam perkuliahan, seperti self regulated learning. Oleh karena itu, penelitian ini bertujuan untuk melihat hubungan antara self regulated learning dan distres psikologis pada mahasiswa baru Universitas Indonesia. Partisipan penelitian ini terdiri dari 414 mahasiswa baru Universitas Indonesia. Variabel distres psikologis diukur dengan Self Report Questionnaire 20 (SRQ-20), sedangkan variabel self regulated learning dengan Motivated Strategies of Learning Questionnaire (MSLQ). Dengan analisis Biserial Correlation, ditemukan bahwa terdapat hubungan negatif ( $r_{sb} = -0.731$ ,  $p < 0.01$ , one-tailed) antara self regulated learning dan distres psikologis.

*New college student are faced with several problems that can trigger psychological distress. To overcome such problems, they need efforts that can support daily college life, such as self-regulated learning. Using a sample of 414 first-year students of University Indonesia, study aims to investigate the relationship between self regulated learning and psychological distress in first-year students of University Indonesia.*

*Psychological distress is measured using Self Report Questionnaire 20 (SRQ-20), while self regulated learning is measured using Motivated Strategies of Learning Questionnaire (MSLQ). With Biserial Correlation analysis, it was found that self regulated learning negative relationship with psychological distress ( $r_{sb} = -0.731$ ,  $p < 0.01$ , one-tailed) between self regulated learning and psychological distress.*