

# Pengaruh Dukungan Sosial Resiprokal terhadap Stres: Sebuah Studi pada Mahasiswa Sarjana Universitas Indonesia = The Effect Reciprocity of Social Support to Stress: A Study among Undergraduate Students at University of Indonesia

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Abstrak

**ABSTRAK**

Penelitian ini menjelaskan hubungan antara dukungan sosial resiprokal dan tingkat stres di kalangan mahasiswa Universitas Indonesia. Studi-studi sebelumnya melihat dukungan sosial memiliki peran penting, namun dukungan sosial sebagian besar melihat dari sisi penerimaan dukungan sosial. Studi ini melihat pada sisi penerimaan dan pemberian dukungan sosial yang berpengaruh pada stres mahasiswa. Penelitian ini menggunakan pendekatan kuantitatif dengan metode pengumpulan data melalui survei daring dan terkumpul 504 partisipan. Dalam analisis tingkat stres sebanyak 51.98% mahasiswa mengalami tingkat stres yang tinggi. Sementara itu, dalam analisis dukungan sosial resiprokal sebanyak 10.71% mahasiswa yang memiliki hubungan resiprokal. Uji chi-square menunjukkan bahwa kedua variabel secara statistik memiliki hubungan. Dukungan sosial resiprokal menjelaskan pengaruh terhadap tingkat stres mencapai 11.2%. Adapun faktor-faktor lain yang mempengaruhi antara lain sumber daya personal, peran-hubungan teman dan keluarga, dan norma pertukaran.

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**ABSTRACT**

Current study explains association between reciprocity of social support and level of stress among college students at University of Indonesia. A plenty of previous research were mostly emphasize aspect of receiving social support yet did not take an interest in giving social support. This study examined on effects of giving and receiving social support on student stress. Quantitative approach was used by this study and was 504 students that completed online survey. The prevalence of severe stres was 51.98%. Meanwhile, there were 10.71% students that had a reciprocity of social support. Chi-square test shows that both variables had relationship statistically. Reciprocity of social support improved ability to predicted students stres by 11.2%. There were other factors affected students stress in related to reciprocity of social support, such as personal resource, role-relationship both friend and family, and exchange norms.