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NIP.19631222 199002 1 001

Psikoborneo
 Jurnal Ilmiah Psikologi
 Volume X No X | Month Year: Page
 DOI: 10.30871/psikoborneo

p-ISSN : 2477-2666
 e-ISSN : 2477-2674

Mengurai Stres Akademik Mahasiswa Akhir dengan Meningkatkan Efikasi Diri dan Dukungan Teman Sebaya

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Article Info

Article history:
 Received
 Revised
 Accepted

Keywords:
 Academic Stress
 Self-efficacy
 Peer Support

ABSTRACT
 The process of working on the thesis carried out by final students causes a lot of stress related to academics, self-efficacy and peer support are believed to be able to break down this stress. This study aims to empirically examine whether or not the influence of self-efficacy and peer support has on academic stress in students of the Faculty of Social and Political Sciences, Mulawarman University who are working on their thesis. The subjects in this study were 100 final semester students who were selected using a purposive sampling technique. The data was extracted using measuring tools in the form of an academic stress scale, self-efficacy scale and peer support scale. Through multiple model regression tests, the calculated F value = 121.579 > F table = 3.09, R square = 0.715 and p = 0.000. That is, there is a significant influence between self-efficacy and peer support on academic stress in final students. Self-efficacy and peer support together can have an effect of 71.5 percent in reducing academic stress in final semester students who are working on their thesis.

ABSTRAK
 Proses pengerjaan skripsi yang dilakukan oleh mahasiswa akhir banyak menimbulkan stres berkaitan dengan akademik, adanya efikasi diri dan dukungan teman sebaya diyakini mampu mengurai stres tersebut. Penelitian ini bertujuan untuk menguji secara empirik ada atau tidaknya pengaruh efikasi diri dan dukungan teman sebaya terhadap stres akademik pada mahasiswa fakultas Ilmu Sosial dan Ilmu Politik Universitas Mulawarman yang sedang mengerjakan skripsi. Subjek dalam penelitian ini berjumlah 100 orang mahasiswa semester akhir yang dipilih menggunakan teknik purposive sampling. Data digali dengan menggunakan alat ukur berupa skala stres akademik, skala efikasi diri dan skala dukungan teman sebaya. Melalui uji regresi model berganda, didapatkan nilai F hitung = 121.579 > F tabel = 3.09, R square = 0.715 dan p = 0.000. Artinya, terdapat pengaruh yang signifikan antara efikasi diri dan dukungan teman sebaya terhadap stres akademik pada mahasiswa akhir. Efikasi diri dan dukungan teman sebaya secara bersama-sama dapat memberikan pengaruh sebesar 71,5 persen dalam menurunkan stres akademik pada mahasiswa semester akhir yang sedang mengerjakan skripsi.

Kata kunci
 Stres Akademik
 Efikasi Diri
 Dukungan Teman Sebaya

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