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Submission title: Stres Akademik Mahasiswa
File name: u_dari_Penyesuaian_Diri_
File size: 732.58K
Page count: 15
Word count: 4,865
Character count: 32,909
Submission date: 13-Feb-2023 01:07PM (UTC+0700)
Submission ID: 2012886401



Wakil Dekan Bidang Akademik

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 **Psikoborneo**
Jurnal Ilmiah Psikologi
Volume xx No x | Month Year: pp-ppp
DOI: 10.30872/psikoborneo

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


Stres Akademik Mahasiswa di Masa Peralihan Perkuliahan Ditinjau dari Penyesuaian Diri

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Article Info	ABSTRACT
Received-	This study aims to determine whether there is an adjustment effect on academic stress in students during the transition from online to offline lectures. The subjects of this study were 111 students at Mulawarman University. The technique used is a purposive sampling technique, with the criteria of active student subjects at Mulawarman University batches of 2019, 2020 and 2021 and have experienced academic stress with at least 3 symptoms from physical, cognitive, emotional and behavioral aspects. The measuring instrument used is a Likert scale with two scales, the self-adjustment scale and the academic stress scale. The collected data were analyzed using a simple regression test. The results of this study show that there is no negative effect of adjustment to academic stress in students during the transition from online to offline lectures with a calculated value of the beta coefficient (β) = -0.096, t count = -1.006 < t table = 1.659, p = 0.317 > 0.05, and has an influence contribution (R^2) of 0.9%.
Revised-	
Accepted-	
Keywords: Academic Stress; Self Adjustment; Transition from online to offline lectures	

ABSTRAK	Kata kunci
Penelitian ini bertujuan untuk mengetahui apakah terdapat pengaruh penyesuaian diri terhadap stres akademik pada mahasiswa di masa peralihan perkuliahan daring ke luring. Subjek penelitian ini sebanyak 111 mahasiswa Universitas Mulawarman. Teknik yang digunakan adalah teknik purposive sampling, dengan kriteria subjek mahasiswa aktif Universitas Mulawarman angkatan 2019, 2020, dan 2021 dan pernah mengalami stres akademik dengan minimal 3 gejala dari aspek fisik, kognitif, emosi, serta perilaku. Alat ukur yang digunakan menggunakan skala likert dengan terdapat dua skala, skala penyesuaian diri dan skala stres akademik. Data yang terkumpul dianalisis dengan menggunakan uji regresi sederhana. Hasil dari penelitian ini menunjukkan hasil bahwa tidak terdapat pengaruh negatif penyesuaian diri terhadap stres akademik pada mahasiswa di masa peralihan perkuliahan daring ke luring dengan nilai hitung koefisien beta (β) = -0.096, t hitung = -1.006 < t tabel = 1.659, p = 0.317 > 0.05, dan memiliki kontribusi pengaruh (R^2) sebesar 0.9%.	Stres Akademik; Penyesuaian Diri; Peralihan Perkuliahan Daring ke Luring

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