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Submission title: Kondisi Stres Akademik Mahasiswa di Masa Peralihan Perkul...

File name: i_Dukungan_Sosial_HAM_Erick_Rivaldi_Hariyanto_190210603...

File size: 184.68K

Page count: 14

Word count: 5,111

Character count: 34,052

Submission date: 16-Feb-2023 03:15PM UTC+0700

Submission ID: 2015544135

SIMILARITY INDEX



Wakil Dekan Bidang Akademik

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NIP.19631222 199002 1 001

Psikoborneo
Jurnal Ilmiah Psikologi
Volume xx No x | Month Year: ppppp
DOI: 10.24127/psikoborneo

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

Kondisi Stres Akademik Mahasiswa di Masa Peralihan Perkuliahan Ditinjau dari Dukungan Sosial

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Article Info	ABSTRACT
Article history: Received dd/mm/yyyy Revised dd/mm/yyyy Accepted dd/mm/yyyy Keywords: Academic Stress; Social Support; Transition from Online to Offline Lectures	This study aimed to determine the effect of social support on academic stress in student during the transition from online to offline lectures. This study used quantitative approach. The subjects of this study were 111 student members of Mulawarman University who were selected using purposive sampling technique. Data collection method used is the scale of academic stress and social support. Research data was analyzed with simple linear regression. Based on the research that has been done, the research results show that there is no negative effect of social support on academic stress in students during the transition from online to offline lectures with the beta coefficient (β) = -0.062, t count = -0.653 < t table = 1.659, p = 0.515 > 0.05, and has an influence contribution (R ²) of 0.4%.

ABSTRAK	Kata kunci
Penelitian ini bertujuan untuk mengetahui pengaruh dukungan sosial terhadap stres akademik pada mahasiswa di masa peralihan perkuliahan daring ke luring. Metode penelitian ini menggunakan pendekatan kuantitatif. Subjek penelitian ini adalah 111 mahasiswa Universitas Mulawarman yang dipilih dengan menggunakan teknik purposive sampling. Metode pengumpulan data yang digunakan adalah dengan skala stres akademik dan dukungan sosial. Data yang terkumpul dianalisis dengan uji analisis regresi linier sederhana. Berdasarkan penelitian yang telah dilakukan diperoleh hasil penelitian bahwa tidak terdapat pengaruh negatif dukungan sosial terhadap stres akademik pada mahasiswa di masa peralihan perkuliahan daring ke luring dengan nilai koefisien beta (β) = -0.062, t hitung = -0.653 < t tabel = 1.659, p = 0.515 > 0.05, dan memiliki kontribusi pengaruh (R ²) sebesar 0.4%.	Stres Akademik; Dukungan Sosial; Peralihan Perkuliahan Daring ke Luring

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