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Submission author: Ranti Balhargiasti Millennia Virgoemas

Assignment title: JURNAL

Submission title: Correlation of Self-adjustment and Academic Stress on Und...

File name: Jurnal_Ranti_1702105027.docx

File size: 230.45K

Page count: 9

Word count: 4,887

Character count: 33,222

Submission date: 11-May-2023 09:36AM (UTC+0700)

Submission ID: 2090018473



Wakil Dekan Bidang Akademik

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NIP.19631222 199002 1 001

Psikoborneo
Jurnal Ilmiah Psikologi
Volume xx No x | Month Year: pp-ppp
DOI: <http://dx.doi.org/10.30870/psikoborneo>
p-ISSN : 2477-3666
e-ISSN : 2477-3674

Correlation of Self-adjustment and Academic Stress on Undergraduate Students During Online Learning
Hubungan Penyesuaian Diri dengan Stres Akademik Mahasiswa Selama Kuliah Daring

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Artikel Info

Riwayat Artikel:
Penerimaan
Revisi
Diterima

Keyword:
Self-adjustment;
Academic Stress;
Online Learning

ABSTRACT

This study aimed to determine the correlation of self-adjustment to academic stress of university students during online learning. This study used quantitative approach. Research subject consist of 142 students online researcher used simple random sampling technique. Research data was used analyzed with Kendall's Tau-b correlation test by the program Statistical Package for Social Sciences (SPSS) 21.0 for windows. Research result with level of confidence 95% showed that there is negative and significant correlation self-adjustment to academic stress with a correlation coefficient with a sufficient correlation of -0,274*, and r table 0,45 with Sig. (2-tailed) 0,000 (<0,05). The partial correlation on the aspect of being able to control excessive emotionality towards the stressor aspect is -0,315 with sig. (2-tailed) 0,000 (<0,05) and the aspect of the ability to utilize experience on aspects of reactions to stressors is -0,295 with sig. (2-tailed) 0,000 (<0,05).

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan penyesuaian diri terhadap stres akademik mahasiswa selama kuliah daring. Jenis penelitian ini adalah penelitian korelasi. Penelitian ini menggunakan pendekatan kuantitatif. Subjek penelitian ini adalah 142 mahasiswa yang dipilih menggunakan teknik simple random sampling. Metode pengumpulan data yang digunakan adalah kuada stres akademik dan penyesuaian diri. Data yang terkumpul dianalisis dengan uji korelasi kendall's tau-b dengan bantuan program Statistical Package for Social Sciences (SPSS) 21.0 for windows. Hasil penelitian dengan level kepercayaan 95% menunjukkan bahwa ada hubungan negatif dan signifikan penyesuaian diri terhadap stres akademik dengan nilai koefisien korelasi dengan hubungan yang cukup sebesar -0,274*, serta r tabel 0,45 dengan Sig. (2-tailed) 0,000 (<0,05). korelasi parsial pada aspek mampu mengontrol emosionalitas yang berlebihan terhadap aspek stresor sebesar -0,315 dengan Sig. (2-tailed) 0,000 (<0,05) dan aspek kemampuan untuk memanfaatkan pengalaman terhadap aspek terhadap reaksi terhadap stresor sebesar -0,295 dengan Sig. (2-tailed) 0,000 (<0,05).

Kata Kunci
Penyesuaian Diri
Stres Akademik;
Pembelajaran Daring

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