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**Pengaruh Kejenuhan Belajar dan Grit Terhadap Tingkat Stres Akademik Mahasiswa Program Studi Psikologi Universitas Mulawarman yang Melakukan Kuliah Daring Selama Masa Pandemi Covid-19**

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Artikel Info	ABSTRACT
<b>Riwayat Artikel:</b> Penyerahan ddi/mm/yyyy Revisi ddi/mm/yyyy Diterima ddi/mm/yyyy	This study aims to determine the effect of academic burnout and grit on academic stress level on major of psychology at Mulawarman University who conduct online lectures during the covid-19 pandemic. This study uses a quantitative approach with the subjects of this study is the 180 major student of psychology who were selected through purposive sampling technique. The measuring instrument used in this study is the academic stress scale, academic burnout scale, and grit scale. The data analysis technique uses multiple regression statistical scale. The result of the full model study show that there is an influence between academic burnout and grit on academic stress level, namely the calculated F value = 31.640 > F table = 3.09, R square = 0.395, and p = 0.000. On the result of the gradual model regression test, it was found that there was a significant effect between academic burnout and academic stress level, namely the value of beta (β) = 0.392, T count = 4.754 > T table = 1.984, and p = 0.000. then in the grit and academic stress level, it shows that there is significant effect with the value of beta (β) = -0.392, T count = -4.752 > T table = 1.984, and p = 0.000.
<b>Keyword:</b> Academic Stress Academic Burnout Grit Covid 19	<b>Kata Kunci:</b> Stres Akademik Kejenuhan Belajar Grit Covid-19
<b>ABSTRAK</b> Penelitian ini bertujuan untuk mengetahui pengaruh kejenuhan belajar dan grit terhadap tingkat stres akademik mahasiswa program studi Psikologi Universitas Mulawarman yang melakukan kuliah daring selama masa pandemi covid-19. Penelitian ini menggunakan pendekatan kuantitatif dengan subjek sebanyak 180 mahasiswa Psikologi yang dipilih melalui teknik purposive sampling. Alat ukur yang digunakan dalam penelitian ini menggunakan skala stres akademik, skala kejenuhan belajar, dan skala grit. Teknik analisa data menggunakan uji statistik regresi model berganda. Hasil penelitian model penuh menunjukkan terdapat pengaruh antara kejenuhan belajar dan grit terhadap tingkat stres akademik yaitu dengan nilai F hitung 31.640 > F tabel = 3.09, R square = 0.395, dan p = 0.000. Pada hasil uji regresi model bertahap didapatkan adanya pengaruh signifikan antara kejenuhan belajar dengan stres akademik yaitu nilai beta (β) = 0.392, T hitung = 4.754 > T tabel = 1.984, dan p = 0.000. kemudian pada grit dengan stres akademik menunjukkan terdapat pengaruh signifikan dengan nilai beta (β) = -0.392, T hitung = -4.752 > T tabel = 1.984, dan p = 0.000.	
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