

# HUBUNGAN ANTARA *SELF-REGULATED LEARNING* DAN STRES AKADEMIK PADA MAHASISWA

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## ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan *self-regulated learning* dengan stres akademik pada mahasiswa. Hipotesis dari penelitian ini adalah ada hubungan antara *self-regulated learning* dengan stres akademik. Pemilihan subjek penelitian dengan menggunakan teknik sampling *convenience sampling*. Subjek pada penelitian ini adalah 100 mahasiswa. Metode penelitian yang digunakan adalah metode penelitian kuantitatif korelasional. Alat ukur yang digunakan adalah skala *self-regulated learning* dan skala stres akademik. Data penelitian dianalisis dengan menggunakan metode *Spearman Rho* dalam program SPSS for windows. Hasil analisis menunjukkan bahwa terdapat hubungan negative antara *self-regulated learning* dengan nilai koefisien korelasi sebesar -0,313 dengan nilai p sebesar 0,001 ( $p < 0,05$ ). Hasil ini menunjukkan bahwa hipotesis penelitian diterima.

**Kata kunci :** *Self-Regulated Learning*, Stres akademik, Mahasiswa



**THE CORRELATION BETWEEN SELF-REGULATED LEARNING AND  
ACADEMIC STRESS IN COLLEGE STUDENTS**

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**ABSTRACT**

*This research aimed to determine the relation between self-regulated learning and academic stress on college students. The hypothesis pointed in this research was the relation between self-regulated learning and academic stress. The research method used is correlational quantitative research method. Sampling technique used is convenience sampling technique. Subject in this research were 100 college students. The scale used was self-regulated learning scale and academic stress scale. Analysis data was conducted using Spearman Rho correlation method in SPSS for Windows. The result shown that there was a negative relationship between self-regulated learning and stress academic on college students with correlation coefficient value - 0,313 and p value 0,001 ( $p < 0,05$ ). This result showed that the research hypothesis was accepted.*

**Keywords:** *self-regulated learning, academic stress, college students*

