

HUBUNGAN ANTARA TINGKAT DEPENDENSI DAN TINGKAT STRES PADA MAHASISWA

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat dependensi dan tingkat stres pada mahasiswa. Subyek penelitian ini adalah 48 orang mahasiswa. Dalam penelitian ini, tingkat stres diukur dengan tiga skala yang telah tersedia (dengan melalui proses penerjemahan dan adaptasi), yakni skala *Symptoms of Stress* (SOS) dengan koefisien reliabilitas hasil uji coba sebesar 0,821; skala *The Inventory of College Students' Recent Life Experiences* (ICSRLE) dengan koefisien reliabilitas hasil uji coba sebesar 0,942; dan *Perceived Stress Scale* (PSS) dengan koefisien reliabilitas hasil uji coba sebesar 0,781. Tingkat dependensi diukur dengan skala *Rorschach Oral Dependency* (ROD) dengan reliabilitas interater sebesar 0,824. Uji korelasi *Pearson Product Moment* dilakukan terhadap total skor skala ROD dengan ketiga skala stres secara sendiri-sendiri. Hasil uji korelasi secara berturut-turut antara skor skala ROD dengan skor skala SOS, ICSRLE dan PSS adalah $r = 0,076$ $r = 0,002$ dan $r = -0,006$. Kesimpulan dari penelitian ini adalah tidak ada hubungan positif yang signifikan antara tingkat dependensi dan tingkat stres pada mahasiswa.

Kata kunci : tingkat dependensi, tingkat stres, mahasiswa

RELATIONSHIP BETWEEN THE LEVEL OF DEPENDENCIES AND LEVEL OF STRESS ON COLLEGE STUDENTS

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ABSTRACT

This study aims to find out the relationship between the level of dependencies and level of stress on college students. The subjects of this study were 48 college student. In this study, stress levels were measured with three scales are already available (through the process of translation and adaptation), the Symptoms of Stress (SOS) scale, The Inventory of College Students' Recent Life Experiences (ICSRLE) and Perceived Stress Scale (PSS). Reliability analysis conducted on all three scales that have been tested. Results are as follows: The Cronbach's alpha coefficients for SOS scale were 0,821; The Cronbach's alpha coefficients for the The Inventory of College Students' Recent Life Experiences (ICSRLE) were 0,942; and The Cronbach's alpha coefficients for Perceived Stress Scale (PSS) were 0,781. Dependency level was measured with the the Rorschach Oral Dependency (ROD) scale with interater reliability were 0.824. Pearson Product Moment correlation test performed on the total score from ROD scale with the third stress scale independently. The correlation between ROD scale scores with scores of SOS scale, ICSRLE scale and PSS consecutively is $r = 0.076$, $r = 0.002$ and $r = - 0.006$. The conclusion of this study is there is no significant positive correlation between levels of dependency and level of stress in college students.

Key Word : level of dependencies, level of stress and college students