

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

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ABSTRAK

Mahasiswa dapat mengalami stres akademik jika ia kurang memiliki kesiapan, kedisiplinan dan kurang mampu mengelola diri dalam aktivitas belajar. Penelitian ini bertujuan untuk mengetahui hubungan antara *self-regulated learning* dan stres akademik pada mahasiswa. Metode penelitian yang digunakan adalah metode penelitian kuantitatif. Pemilihan subjek penelitian menggunakan teknik *purposive random sampling*. Subjek penelitian ini adalah mahasiswa. Jumlah sampel yang digunakan adalah sebesar 80 orang dan skala yang digunakan adalah skala *self-regulated learning* dan skala stres akademik. Data penelitian dianalisis dengan menggunakan metode korelasi *product moment pearson* dalam program *SPSS for windows versi 16*. Hasil analisis data menunjukkan bahwa terdapat hubungan negatif antara *self-regulated learning* dan stres akademik pada mahasiswa dengan nilai koefisien korelasi (r_{xy}) sebesar -0,315 dan nilai p sebesar 0,002 ($p < 0,05$). Hasil ini menunjukkan bahwa hipotesis penelitian diterima.

Kata Kunci: Stres Akademik, *self-regulated learning*, mahasiswa

**THE RELATIONSHIP BETWEEN SELF-REGULATED LEARNING AND
ACADEMIC STRESS ON COLLEGE STUDENTS**

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ABSTRACT

Student can experience academic stress if they are lack of readiness, discipline, and ability to control himself/herself in studying activity. This research aims to see the relationship between self-regulated learning and academic stress on students. The research method used is quantitative research method. The choosing of the subject of research uses purposive random sampling technique. The subject of the research is students. The number of sample used is eighty students and the scale used is self-regulated learning scale and academic stress scale. The research data is analyzed with product moment pearson correlation method in SPSS for Windows version 16 software. The result of the analysis of data shows that there is a negative relationship between self-regulated learning and academic stress on students with correlation coefficient value (r_{xy}) about $-0,315$ and p value about $0,002$ ($p < 0,05$). The result shows that the research hypothesis is accepted.

Keywords: Academic stress, self-regulated learning, college students

