

**ABSTRAK**

**TINGKAT KERENTANAN KECEMASAN AKADEMIK  
PADA MAHASISWA AKTIVIS KAMPUS  
(Studi Deskriptif pada Mahasiswa Aktivistis Kampus  
Organisasi Badan Eksekutif Mahasiswa Universitas Sanata Dharma Yogyakarta  
Kabinet Solidaritas Aksi Periode 2019-2020)**

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Penelitian ini bertujuan untuk (1) Mendeskripsikan tingkat kerentanan kecemasan akademik pada mahasiswa aktivis kampus, dan (2) Mengidentifikasi item instrumen Kerentanan Kecemasan Akademik pada Mahasiswa Aktivistis Kampus yang perolehan skornya tinggi sebagai dasar usulan topik pendampingan bagi mahasiswa aktivis kampus.

Jenis penelitian ini adalah kuantitatif deskriptif. Subyek penelitian ini adalah Mahasiswa Aktivistis Kampus Organisasi Badan Eksekutif Mahasiswa Universitas Sanata Dharma Yogyakarta Kabinet Solidaritas Aksi Periode 2019-2020 berjumlah 47 mahasiswa. Pengumpulan data menggunakan Kuesioner Kerentanan Kecemasan Akademik yang berjumlah 35 item. Kuesioner disusun berdasarkan karakteristik individu yang mengalami kecemasan akademik menurut Ottens (1991). Nilai koefisien reliabilitas *Alpha Chronbach* ( $\alpha$ ) instrumen sebesar 0,884. Teknik analisis data menggunakan statistik deskriptif dengan kategorisasi sangat tinggi, tinggi, sedang, rendah, dan sangat rendah.

Hasil penelitian ini menunjukkan bahwa mahasiswa aktivis kampus memiliki tingkat kerentanan kecemasan akademik sebagai berikut: tidak ditemukan mahasiswa yang rentan cemas pada kategori sangat tinggi, 4 mahasiswa (8%) pada kategori tinggi, 15 mahasiswa (32%) pada kategori sedang, 22 mahasiswa (47%) pada kategori rendah, dan 6 mahasiswa (13%) pada kategori sangat rendah. Dari hasil analisis capaian skor item pengukuran kerentanan cemas akademik pada mahasiswa aktivis kampus teridentifikasi 1 item (3%) dengan capaian skor sangat tinggi, 1 item (3%) skor tinggi, 13 item (37%) skor sedang, 15 item (43%) skor rendah, dan 5 item (14%) dengan capaian skor sangat rendah. Berdasarkan hasil analisis capaian skor item pengukuran tersebut diusulkan topik-topik bimbingan yaitu, (1) *Am I Normal? Figuring Out All About Anxiety*, (2) *Dealing with Anxiety!*, (3) *Anxiety? Is It Good or Bad?* dan (4) *Brand Yourself through Your Style*.

Kata kunci: Kerentanan Kecemasan Akademik, Mahasiswa Aktivistis Kampus.

**ABSTRACT****VULNERABILITY TO ACADEMIC ANXIETY LEVEL OF ACTIVIST STUDENTS  
(A descriptive study of *Solidaritas Aksi* Cabinet Sanata Dharma University Student Executive Board 2019-2020)**

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This research aims to (1) describe the vulnerability to academic anxiety level of activist students, and (2) to identify instrumental item of anxiety level of activist students possess the highest score will be proposed as a basic topic suggestion for the student activism to get psychological counselling.

This study is classified as a descriptive quantitative study. The subject of this study is the member of *Solidaritas Aksi* Cabinet Sanata Dharma University Student Executive Board 2019-2020. There are 47 members in the board. In order to collect the data, an academic anxiety questionnaire containing 35 items was used. The items were ordered based on the individual characteristics of academic anxiety proposed by Ottens (1991). The Cronbach's alpha ( $\alpha$ ) reliability coefficient value is 0,884. To analyse the data, a descriptive statistic was used in which it was divided into several sections which are very high, high, medium, low, and very low.

The result of the vulnerability to academic anxiety level among activist students shows as the following: none on the highest category, 4 students (8%) in high category while it is observed that 15 (32%) students in medium category. There are 22 students (47%) in low category and 6 students (13%) in very low category. Seen through the analysis of activist student anxiety item score level, it is identified that there is an item which is categorized as a very high level (3%). It is also found an item which is classified as a high level (3%), 13 items (37%) as medium level, 15 items (43%) as low level, and 5 items (14%) as very low level. Therefore, based on the item scores level analysis, there are four topics that can be proposed which are (1) Am I Normal? Figuring Out All about Anxiety, (2) Dealing with Anxiety? Is It Good or Bad? And (4) Brand Yourself through Your Style.

Keywords: Vulnerability to Academic Anxiety, Student Activism