

HUBUNGAN ANTARA STRES AKADEMIS DAN *SENSE OF COMMUNITY* PADA MAHASISWA

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara stres akademis dengan *sense of community* pada mahasiswa. Partisipan penelitian ini adalah 90 mahasiswa yang berusia 18-24 tahun. Partisipan dipilih dengan menggunakan teknik *convenience sampling*. Alat pengumpulan data penelitian ini terdiri dari skala stres akademis yang dikembangkan oleh Sinha, dkk. (2001), dan skala *sense of community* yang diadaptasi dari skala yang dikemukakan oleh Pretrillo, dkk. (2016). Skala stres akademis memiliki koefisien reliabilitas sebesar 0,828 dan skala *sense of community* memiliki koefisien reliabilitas sebesar 0,756 Hasil uji asumsi menunjukkan bahwa persebaran data penelitian tidak berdistribusi normal, namun hasil uji linearitas menunjukkan bahwa terdapat hubungan yang linear antara stres akademis dan *sense of community*. Teknik analisis data yang digunakan adalah teknik *Spearman's rho*. Hasil penelitian menunjukkan nilai koefisien korelasi sebesar 0,205 dengan nilai signifikansi sebesar 0,000. Hal ini menunjukkan terdapat hubungan positif antara stres akademis dengan *sense of community*.

Kata kunci: *sense of community*, stres akademis, mahasiswa

**RELATIONSHIP BETWEEN ACADEMIC STRESS AND SENSE OF
COMMUNITY IN COLLEGE STUDENT**

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ABSTRACT

This study aims to examine the relationship between academic stress and sense of community among college students. The participants in this study consisted of 90 college students between the ages of 18 and 24. Participants are chosen by using convenience sampling techniques. The Instruments used in this study include the academic stress scale developed by Sinha et al. (2001) and the sense of community scale adapted from the scale developed by Pretrillo et al. (2016). The reliability coefficient for the academic stress scale was calculated to be 0.828, while the sense of community scale exhibited a reliability coefficient of 0.756. The assumption tests indicated that the distribution of the research data was not normally distributed, however, the linear regression tests showed a linear relationship between academic stress and sense of community. The data analysis technique used in this study was Spearman's rho analysis technique. The results showed that correlation coefficient of 0.205, with a significance value of 0.000. This means there is positive relationship between academic stress and sense of community.

Keywords: *academic stress, college student, sense of community*