HUBUNGAN ANTARA KOGNISI PERFEKSIONISME DENGAN STRES AKADEMIK PADA MAHASISWA

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara kognisi perfeksionisme dengan stres akademik mahasiswa. Penelitian ini memiliki hipotesis yaitu terdapat hubungan berbanding lurus antara kognisi perfeksionisme dengan stres akademik yang dialami mahasiswa. Didapatkan 106 partisipan dalam penelitian ini dengan kriteria: mahasiswa/i aktif yang berkuliah di Universitas Sanata Dharma. Penelitian ini menggunakan alat ukur *Perfectionism Cognitions Inventory* yang dibuat oleh Flett, Hewitt, Blankstein, & Gray (1998) serta *Students Stress Inventory* yang diciptakan Arip, Kamaruzaman, Roslan, & Ahmad (2019). *Perfectionism Cognitions Inventory* memiliki reliabilitas alpha sebesar 0,910 dan *Students Stress Inventory* mempunyai reliabilitas alpha sebanyak 0,866. Analisis korelasi *Pearson's Product-Moment* menemukan hasil nilai korelasi *product moment* yang signifikan ($r[106] = 0,286$; $p = 0,003$), sehingga dapat disimpulkan bahwa penelitian ini mampu membuktikan hipotesis yang dibuat. Hal ini menunjukkan adanya kemungkinan korelasi antara kedua variabel dalam populasi.

Kata kunci: kognisi perfeksionisme, stres akademik, mahasiswa, *Perfectionism Cognitions Inventory, Students Stress Inventory*

CORRELATION BETWEEN PERFECTIONISM COGNITION AND ACADEMIC STRESS IN UNIVERSITY STUDENTS

ABSTRACT

This study's main objective is to investigate the correlation between perfectionism cognition and academic stress in university students. The proposed hypothesis was that perfectionism cognition has a correlation with academic stress. There were 106 research participants in this study with a criterion: active university student who're still studying in Sanata Dharma University. This study used instruments such as Perfectionism Cognitions Inventory created by Flett, Hewitt, Blankstein, & Gray (1998) as well as Students Stress Inventory made by Arip, Kamaruzaman, Roslan, & Ahmad (2019). The reliability coefficient of Perfectionism Cognition Inventory was 0,910, and reliability coefficient of Students Stress Inventory was 0,866. Pearson's Product-Moment correlation analysis found a significant product moment correlation value (r[106] = 0,286; p = 0,003), so it can be concluded that this study is capable of proving the hypothesis. This shows that there is a possibility of correlation between the two variables in the population.

Key words: perfectionism cognition, academic stress, university student, Perfectionism Cognitions Inventory, Students Stress Inventory