

ABSTRAK

Pangestu, Alexander Bagaskara Adi. 2025. Hubungan Antara Motivasi Berafiliasi dengan Persepsi Stres Akademik pada Mahasiswa Tahun Pertama. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara motivasi berafiliasi dengan persepsi stres akademik pada mahasiswa tahun pertama. Hipotesis penelitian adalah tidak ada hubungan antara motivasi berafiliasi dengan persepsi stres akademik mahasiswa tahun pertama. Partisipan penelitian terdiri dari 245 mahasiswa aktif yang sedang menjalani semester kedua perkuliahan. Penelitian ini menggunakan pendekatan kuantitatif dengan teknik pengambilan sampel *convenience sampling*. Data dikumpulkan menggunakan metode kuesioner *self-report* dengan dua instrumen utama: Skala Motivasi Berafiliasi yang mengacu pada *Interpersonal Orientation Scale* (Hill, 1987) dan Skala Persepsi Stres Akademik yang mengacu pada *Perceptions of Academic Stress Scale* (Bedewy & Gabriel, 2015). *Interpersonal Orientation Scale* terdiri dari 26 item dengan koefisien reliabilitas sebesar 0.915 sedangkan *Perceptions of Academic Stress Scale* terdiri dari 18 item dengan koefisien reliabilitas sebesar 0.887. Teknik analisis *Spearman's Rho* digunakan dalam penelitian ini dikarenakan data tidak terdistribusi normal. Hasil penelitian ini menunjukkan terdapat hubungan signifikan yang kuat dan negatif antara motivasi berafiliasi dan persepsi stres akademik pada mahasiswa tahun pertama ($p = 0,000$, $r = -0.789$).

Kata kunci: motivasi berafiliasi, persepsi stres akademik, mahasiswa tahun pertama, *Interpersonal Orientation Scale*, *Perceptions of Academic Stress Scale*.

ABSTRACT

Pangestu, Alexander Bagaskara Adi. 2025. The Relationship Between Affiliation Motivation and Perceived Academic Stress in First-Year University Students. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aims to determine the relationship between affiliation motivation and perceived academic stress in first-year students. The research hypothesis posits that there is no relationship between affiliation motivation and perceived academic stress in first-year students. The participants consisted of 245 active students in their second semester. This study employed a quantitative approach with a convenience sampling technique. Data were collected using a self-report questionnaire with two main instruments: the Affiliation Motivation Scale, which was adapted from the Interpersonal Orientation Scale (Hill, 1987), and the Perceived Academic Stress Scale, which was adapted from the Perceptions of Academic Stress Scale (Bedewy & Gabriel, 2015). The Interpersonal Orientation Scale consists of 26 items with a reliability coefficient of 0.915, while the Perceptions of Academic Stress Scale consists of 18 items with a reliability coefficient of 0.887. The Spearman's Rho analysis technique was used in this study because the data were not normally distributed. The results showed a strong and significant negative relationship between the need for affiliation and academic stress in first-year students ($p = 0.000$, $r = -0.789$).

Keywords: *Affiliation Motivation, Perceived Academic Stress, First-year University Students, Interpersonal Orientation Scale, Perceptions of Academic Stress Scale.*