

ABSTRAK

Sanjaya, Eleanora Evarossa Pitaloka. 2025. Hubungan antara *self-talk* dengan stres akademik pada mahasiswa semester akhir. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara *self-talk* dengan stres akademik pada mahasiswa semester akhir. Hipotesis dalam penelitian, yaitu terdapat korelasi negatif antara *positive self-talk* dengan stres akademik serta terdapat korelasi positif antara *negative self-talk* dengan stres akademik pada mahasiswa semester akhir. Partisipan dalam penelitian ini berjumlah 191 individu dengan jenis kelamin perempuan dan laki-laki yang merupakan mahasiswa aktif semester akhir di perguruan tinggi. Penelitian ini menggunakan metode kuantitatif dengan desain korelasional. Sampel pada penelitian ini diambil menggunakan *nonprobability sampling* dengan teknik *convenience sampling*. Alat pengumpulan data menggunakan *Perceptions of Academic Stress Scale* milik Bedewy dan Gabriel (2015) dan *The Self-Talk Scale* yang disusun oleh Brinthaupt *et al.* (2009). Hasil uji asumsi menunjukkan distribusi data yang tidak normal sehingga dilakukan teknik analisis data non parametrik. Uji korelasi pada hubungan antara *positive self-talk* dengan stres akademik menunjukkan nilai koefisien korelasi sebesar -0,123 dan nilai signifikansi sebesar 0,045 ($p < 0,05$) sehingga terdapat hubungan negatif yang signifikan antara *positive self-talk* dengan stres akademik pada mahasiswa semester akhir. Pada hubungan antara *negative self-talk* dengan stres akademik didapatkan nilai koefisien korelasi sebesar -0,131 dan nilai signifikansi sebesar 0,036 ($p < 0,05$) sehingga terdapat hubungan negatif yang signifikan antara *negative self-talk* dengan stres akademik pada mahasiswa semester akhir.

Kata kunci: *self-talk*, stres akademik, mahasiswa semester akhir

ABSTRACT

Sanjaya, Eleanora Evarossa Pitaloka. 2025. The relationship between self-talk and academic stress in final semester students. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aims to determine the relationship between self-talk and academic stress among final semester students. The hypotheses in this study are that there is a negative correlation between positive self-talk and academic stress and a positive correlation between negative self-talk and academic stress among final semester students. The participants in this study consisted of 191 individuals, both male and female, who were active final semester students at a university. This study used a quantitative method with a correlational design. The sample in this study was taken using nonprobability sampling with the convenience sampling technique. The data collection tools used were the Perceptions of Academic Stress Scale by Bedewy and Gabriel (2015) and The Self-Talk Scale developed by Brinthead et al. (2009). The results of the assumption test showed that the data distribution was not normal, so non-parametric data analysis techniques were used. The correlation test on the relationship between positive self-talk and academic stress showed a correlation coefficient of -0.123 and a significance value of 0.045 ($p < 0.05$), indicating a significant negative relationship between positive self-talk and academic stress among final semester students. The relationship between negative self-talk and academic stress yielded a correlation coefficient of -0.131 and a significance value of 0.036 ($p < 0.05$), indicating a significant negative relationship between negative self-talk and academic stress among final semester students.

Key words: *self-talk, academic stress, final-year students*