

ABSTRAK

Chelsy, E. (2026). Hubungan antara aktivitas fisik dan *perceived stress* pada mahasiswa *emerging adulthood*. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk menguji hubungan antara aktivitas fisik dan *perceived stress* pada mahasiswa *emerging adulthood*. Hipotesis dalam penelitian ini adalah terdapat hubungan negative antara aktivitas fisik dan *perceived stress* pada mahasiswa *emerging adulthood*. Jenis penelitian ini menggunakan pendekatan kuantitatif korelasional dengan desain penelitian survei dan metode *convenience sampling* dalam pengumpulan data. Alat pengumpulan data yang digunakan adalah *Perceived Stress Scale-10* (PSS-10) dan *International Physical Activity Questionnaire Short Form* (IPAQ-SF). Penelitian ini memperoleh partisipan sejumlah 261 mahasiswa *emerging adulthood* dengan rentang usia 18 hingga 25 tahun. Metode analisis data menggunakan teknik korelasi *Spearman's rho* akibat terdapat data tidak berdistribusi secara normal. Hasil penelitian menunjukkan bahwa terdapat hubungan negatif yang sangat lemah antara aktivitas fisik dan *perceived stress* pada mahasiswa *emerging adulthood* ($r = -0.148, p < 0.05$). Hasil ini menunjukkan bahwa individu dengan tingkat aktivitas fisik yang lebih rendah cenderung memiliki tingkat *perceived stress* yang lebih tinggi, namun hubungan tersebut memiliki kekuatan yang sangat lemah.

Kata kunci: *perceived stress*, aktivitas fisik, mahasiswa, *emerging adulthood*

ABSTRACT

Chelsy, E. (2026). The relationship between physical activity and perceived stress among university students in emerging adulthood. *Undergraduate Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aims to examine the relationship between physical activity and perceived stress among university students in emerging adulthood. The hypothesis of this study proposes a negative relationship between physical activity and perceived stress among emerging adulthood students. This study employs a quantitative correlational approach with a survey research design and uses convenience sampling as the data collection method. The data are collected using the Perceived Stress Scale-10 (PSS-10) and the International Physical Activity Questionnaire Short Form (IPAQ-SF). The participants consist of 261 emerging adulthood university students aged 18 to 25 years. Data analysis is conducted using Spearman's rho correlation technique due to non-normal data distribution. The results indicate a very weak negative relationship between physical activity and perceived stress among emerging adulthood students ($r = -0.148$, $p < 0.05$). These findings suggest that individuals with lower levels of physical activity tend to experience higher levels of perceived stress; however, the strength of the relationship is very weak.

Keywords: perceived stress, physical activity, university students, emerging adulthood.