

ABSTRAK

GAMBARAN TINGKAT RESILIENSI AKADEMIK MAHASISWA SEMESTER AKHIR

(Penelitian Kuantitatif Deskriptif Pada Mahasiswa Prodi Bimbingan Konseling
Universitas Sanata Dharma Yogyakarta)

Resiliensi akademik merupakan faktor krusial bagi mahasiswa semester akhir yang menghadapi beban ganda (*double burden*) dalam penyelesaian tugas akhir dan transisi menuju masa dewasa (*emerging adulthood*). Tujuan penelitian ini adalah untuk mengetahui dan mendeskripsikan secara komprehensif gambaran tingkat resiliensi akademik pada mahasiswa semester akhir Prodi Bimbingan dan Konseling di Universitas Sanata Dharma,

Jenis penelitian pada penelitian ini merupakan penelitian kuantitatif dengan pendekatan kuantitatif deskriptif. Subjek yang diuji merupakan mahasiswa aktif Prodi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta pada tingkat akhir angkatan 2019-2022. Terdapat sejumlah 85 mahasiswa yang dipilih melalui teknik *purposive sampling* dengan teknik pengumpulan data menggunakan *google forms* sebagai media. Instrumen penelitian dikembangkan berdasarkan model *5-C of Academic Resilience* yang meliputi dimensi *Confidence, Control, Composure, Commitment, dan Coordination* dengan total item terpakai 40 item dengan nilai reliabilitas *Alpha Cronbach* sebesar 0,900.

Berdasarkan hasil penelitian dari 85 mahasiswa, mayoritas tingkat resiliensi akademik mahasiswa berada dalam kategori tinggi dengan persentase 42,35% dan kategori sangat tinggi 36,47%. Nilai rerata *mean* empirik sebesar 84.62 mengonfirmasi bahwa secara umum subjek memiliki kemampuan adaptasi yang positif terhadap tekanan akademik. Temuan ini diharapkan menjadi dasar pengembangan layanan dukungan psikologis yang lebih fokus pada regulasi emosi dan keterampilan pengorganisasian bagi mahasiswa semester akhir.

Kata Kunci : *Resiliensi Akademik, Mahasiswa Semester Akhir, Model 5-C, Bimbingan dan Konseling*

ABSTRACT

An Overview of Academic Resilience Levels Among Final Year Students

(A Descriptive Quantitative Study at the Guidance and Counseling Study Program, Sanata Dharma)

Academic resilience is a crucial factor for final-semester students facing a double burden in completing their final projects and transitioning into emerging adulthood. The purpose of this study is to comprehensively identify and describe the level of academic resilience among final-semester students in the Guidance and Counseling Program at Sanata Dharma University.

The research design for this study is quantitative with a descriptive quantitative approach. The subjects of this study were active students in the Guidance and Counseling Program at Sanata Dharma University in Yogyakarta in their final year, from the 2019–2022 cohorts. A total of 85 students were selected using purposive sampling, with data collected via Google Forms as the medium. The research instrument was developed based on the 5-C Model of Academic Resilience, which includes the dimensions of Confidence, Control, Composure, Commitment, and Coordination, with a total of 40 items with a Cronbach's Alpha reliability coefficient of 0.900.

Based on the research results from the 85 students, the majority of students' academic resilience levels fell into the high category at 42.35% and the very high category at 36.47%. The empirical mean score of 84.62 confirms that, in general, the subjects demonstrate positive adaptive abilities in response to academic stress. These findings are expected to serve as the basis for developing psychological support services that focus more on emotional regulation and organizational skills for final-year students.

Keywords: Academic Resilience, Final-Year Students, 5-C Model, Guidance and Counseling