

ABSTRAK

HUBUNGAN DUKUNGAN SOSIAL TEMAN SEBAYA TERHADAP TINGKAT STRES AKADEMIK MAHASISWA BIMBINGAN DAN KONSELING UNIVERSITAS SANATA DHARMA ANGKATAN 2023

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Penelitian ini bertujuan untuk: (1) mengetahui tingkat dukungan sosial teman sebaya; (2) mengetahui tingkat stres akademik; serta (3) mengetahui hubungan antara dukungan sosial teman sebaya dan tingkat stres akademik pada mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma angkatan 2023. Mahasiswa berada dalam tahap perkembangan yang penuh tuntutan akademik dan sosial, sehingga dukungan sosial, khususnya dari teman sebaya, memiliki peran penting dalam memengaruhi kondisi psikologis mereka. Dukungan dari teman sebaya dapat berupa bantuan emosional, informasional, maupun instrumental yang membantu mahasiswa menghadapi dinamika perkuliahan.

Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Subjek penelitian berjumlah 90 mahasiswa angkatan 2023 yang dipilih menggunakan teknik total sampling. Data dikumpulkan menggunakan skala dukungan sosial teman sebaya dan skala stres akademik yang telah diuji validitas serta reliabilitasnya, kemudian dianalisis menggunakan uji korelasi Spearman Rho. Hasil analisis menunjukkan nilai koefisien korelasi Spearman Rho sebesar $r = 0,867$ dengan $p < 0,001$, yang mengindikasikan hubungan positif dengan kekuatan sangat kuat antara kedua variabel.

Hasil penelitian menunjukkan bahwa: (1) tingkat dukungan sosial teman sebaya mayoritas berada pada kategori sangat tinggi dengan persentase 40%; (2) tingkat stres akademik mayoritas berada pada kategori sangat tinggi dengan persentase 45%; serta (3) terdapat hubungan positif dan sangat kuat antara dukungan sosial teman sebaya dan stres akademik. Mengingat bahwa penelitian ini bersifat korelasional, sehingga temuan ini tidak dapat menentukan sebab-akibat antar variabel (Creswell, 2009). Penelitian ini diharapkan dapat menjadi dasar pengembangan layanan bimbingan dan konseling yang lebih kontekstual dan responsif di lingkungan kampus.

Kata Kunci: dukungan sosial teman sebaya, stres akademik, mahasiswa

ABSTRACT

***THE RELATIONSHIP BETWEEN PEER SOCIAL SUPPORT AND
ACADEMIC STRESS LEVELS AMONG GUIDANCE AND COUNSELING
STUDENTS OF SANATA DHARMA UNIVERSITY CLASS OF 2023***

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This study aims to: (1) determine the level of peer social support; (2) determine the level of academic stress; and (3) examine the relationship between peer social support and academic stress among students of the Guidance and Counseling Study Program at Sanata Dharma University, class of 2023. Students are in a developmental stage filled with academic and social demands, making social support, particularly from peers, a crucial factor in influencing their psychological well-being. Peer support can take the form of emotional, informational, and instrumental assistance that helps students navigate the demands of college life.

This study employed a quantitative approach with a correlational design. The research subjects consisted of 90 students from the 2023 cohort, selected using a total sampling. Data were collected using a peer social support scale and an academic stress scale, both of which had been tested for validity and reliability, and were subsequently analyzed using the Spearman Rho correlation test. The results of the analysis revealed a Spearman Rho correlation coefficient of $r = 0.867$ with $p < 0.001$, indicating a positive relationship with a very strong magnitude between the two variables.

The research findings indicate that: (1) the level of peer social support was predominantly in the very high category, with a percentage of 40%; (2) the level of academic stress was predominantly in the very high category, with a percentage of 45%; and (3) there is a positive and very strong relationship between peer social support and academic stress. Given that this study is correlational in nature, these findings cannot determine a causal relationship between the variables (Creswell, 2009). This research is expected to serve as a foundation for developing more contextual and responsive guidance and counseling services within the campus environment.

Keywords: *peer social support, academic stress, university students*