

ABSTRAK

Wangga, Maria Martina. 2026. Perbedaan Stres Akademik Mahasiswa Rantau Di Yogyakarta Ditinjau Dari Jenis Kelamin. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma

Tujuan dilakukannya penelitian ini adalah untuk mengidentifikasi perbedaan tingkat stres akademik pada mahasiswa perantau di Yogyakarta ditinjau dari jenis kelamin. Hipotesis penelitian yang diajukan adalah tingkat stres akademik pada mahasiswa rantau perempuan lebih tinggi dibandingkan mahasiswa rantau laki-laki. Penelitian ini menggunakan pendekatan kuantitatif dengan desain komparatif. Subjek penelitian berjumlah 250 mahasiswa rantau yang terdiri atas 100 mahasiswa laki-laki dan 150 mahasiswa perempuan berusia 18-25 tahun. Penelitian dilaksanakan secara daring di Yogyakarta pada tanggal 13 November hingga 27 Desember 2025 dengan teknik pengambilan sampel *purposive sampling*. Pengumpulan data dilakukan menggunakan Skala Stres Akademik yang disusun berdasarkan aspek tekanan untuk berprestasi, persepsi terkait beban tugas dan ujian, persepsi diri, dan kendala waktu, dengan koefisien reliabilitas *Cronbach's Alpha* sebesar 0,738. Data dianalisis menggunakan *Independent Samples t-Test*. Hasil penelitian menunjukkan bahwa tidak terdapat perbedaan tingkat stres akademik yang signifikan antara mahasiswa rantau laki-laki dan perempuan di Yogyakarta ($p = 1,000$) dengan rata-rata skor stres akademik pada mahasiswa laki-laki ($M = 116,620$) sedikit lebih tinggi dibandingkan mahasiswa perempuan ($M = 14,686$). Dengan demikian, H_a ditolak dan H_0 diterima. Hasil ini menunjukkan bahwa tidak ada perbedaan tingkat stres akademik pada mahasiswa rantau laki-laki dan perempuan. Hasil analisis deskriptif menunjukkan bahwa stres akademik pada mahasiswa rantau laki-laki berada pada kategori sedang cenderung tinggi, sedangkan mahasiswa rantau perempuan berada pada kategori sedang cenderung rendah.

Kata kunci: stres akademik, mahasiswa rantau, jenis kelamin

ABSTRACT

Wangga, Maria Martina. 2026. Differences in Academic Stress Among Migrant Students in Yogyakarta Based on Gender. Thesis. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

The purpose of this study was to identify differences in academic stress levels among migrant students in Yogyakarta based on gender. The research hypothesis proposed that female migrant students would experience higher levels of academic stress than male migrant students. This study employed a quantitative approach with a comparative research design. The participants consisted of 285 migrant students, including 100 male students and 185 female students, aged between 18 and 25 years. The study was conducted online in Yogyakarta from November 13 to December 27, 2025, using a purposive sampling technique. Data were collected using the Academic Stress Scale, which was developed based on the aspects of pressure to achieve, perceptions of academic workload and examinations, self-perception, and time constraints, with a Cronbach's Alpha reliability coefficient of 0.738. Data were analyzed using an Independent Samples t-Test. The results indicated that there was no significant difference in academic stress levels between male and female migrant students in Yogyakarta ($p = 1,000$). Descriptively, the mean academic stress score of male students ($M = 116,620$) was slightly higher than that of female students ($M = 14,686$). Therefore, the alternative hypothesis (H_a) was rejected and the null hypothesis (H_0) was accepted. These findings suggest that male and female migrant students experience relatively similar levels of academic stress. Descriptive analysis further showed that academic stress among male migrant students fell within the moderate-to-high category, whereas academic stress among female migrant students fell within the moderate-to-low category.

Keywords: academic stress, migrant students, gender