

ABSTRAK

Pamungkas, Galih S. 2026. Hubungan antara Resiliensi dan Stres Akademik pada Mahasiswa Tingkat Akhir yang Bekerja. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk mengetahui hubungan antara resiliensi dan stres akademik pada mahasiswa tingkat akhir yang bekerja. Pendekatan yang digunakan adalah kuantitatif korelasional dengan desain *cross-sectional*. Partisipan berjumlah 126 mahasiswa aktif semester akhir ($\geq$ semester 7) yang bekerja, dengan rentang usia dominan 24–25 tahun, terdiri dari 78 perempuan dan 48 laki-laki, dipilih menggunakan teknik convenience sampling. Resiliensi diukur menggunakan CD-RISC-10 dan stres akademik diukur menggunakan *Perception of Academic Stress Scale* (PAS) yang telah diterjemahkan ke Bahasa Indonesia. Hasil uji korelasi *Spearman's rho* menunjukkan koefisien korelasi sebesar -0,235 dengan taraf signifikansi 0,004 ($p < 0,05$), yang berarti terdapat hubungan negatif yang signifikan antara resiliensi dan stres akademik. Semakin tinggi resiliensi mahasiswa, semakin rendah stres akademik yang dialaminya. Temuan ini mengindikasikan bahwa resiliensi berhubungan sebagai faktor protektif bagi mahasiswa tingkat akhir yang menjalani beban ganda akademik dan pekerjaan secara bersamaan.

Kata kunci: resiliensi, stres akademik, mahasiswa tingkat akhir, mahasiswa bekerja

ABSTRACT

Pamungkas, Galih S. 2026. The Relationship Between Resilience and Academic Stress Among Working Final-Year University Students. Undergraduate Thesis. Yogyakarta: Department of Psychology, Faculty of Psychology, Sanata Dharma University.

This study aimed to examine the relationship between resilience and academic stress among working final-year university students. The study employed a quantitative correlational approach with a cross-sectional design. A total of 126 active final-year undergraduate students ($\geq$ seventh semester) who were employed participated in the study. Most participants were between 24 and 25 years old, consisting of 78 females and 48 males, and were selected using a convenience sampling technique. Resilience was measured using the Connor-Davidson Resilience Scale-10 (CD-RISC-10), while academic stress was measured using the Perception of Academic Stress Scale (PAS), which had been translated into Indonesian. The results of the Spearman's rho correlation analysis showed a correlation coefficient of -0.235 with a significance level of 0.004 ($p < .05$), indicating a significant negative relationship between resilience and academic stress. Higher levels of resilience were associated with lower levels of academic stress among working final-year students. These findings suggest that resilience serves as a protective factor for final-year university students who simultaneously manage academic demands and employment responsibilities.

Keywords: resilience, academic stress, final-year university students, working university students