

# HUBUNGAN ANTARA KESEJAHTERAAN PSIKOLOGIS DAN STRES AKADEMIK PADA MAHASISWA ORGANISATORIS SEMESTER AKHIR DI KOTA SEMARANG

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## ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara kesejahteraan psikologis dan stres akademik pada mahasiswa organisatoris semester akhir di Kota Semarang. Stres akademik merupakan pandangan individu pada *stressor* akademik dan bagaimana responnya, termasuk respon fisik, emosional, perilaku, dan kognitif terhadap *stressor* tersebut. Salah satu faktor yang berperan terhadap stres akademik adalah kesejahteraan psikologis. Populasi penelitian ini adalah 32.352 mahasiswa aktif yang sedang menempuh semester akhir di Kota Semarang. Peneliti menggunakan teknik *convenience sampling*. Metode pengumpulan data menggunakan Skala Kesejahteraan Psikologis (58 aitem,  $\alpha=.944$ .) dan Skala Stres Akademik (26 aitem,  $\alpha=.872$ .) yang memodifikasi dari penelitian Maryama (2015) yang merujuk pada *Student-Life Stress Inventory* (SSI) milik Gadzella (1994). Analisis Regresi Sederhana menunjukkan bahwa terdapat hubungan negatif signifikan antara kesejahteraan psikologis dan stres akademik ( $r = -.662$ ;  $p < .001$ . ( $p < .05$ )). Artinya, semakin tinggi kesejahteraan psikologis, maka semakin rendah stres akademik yang dirasakan mahasiswa organisatoris semester akhir di Kota Semarang. Begitu pun sebaliknya.

**Kata kunci:** kesejahteraan psikologis; stres akademik; mahasiswa organisatoris.

# THE RELATIONSHIP BETWEEN PSYCHOLOGICAL WELL-BEING AND ACADEMIC STRESS IN FINAL SEMESTER ORGANIZATIONAL STUDENTS IN SEMARANG CITY

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## ABSTRACT

*This study aims to determine the relationship between psychological well-being and academic stress in final semester organizational students in Semarang City. Academic stress is an individual's view of academic stressors and how they respond, including physical, emotional, behavioral, and cognitive responses to the stressor. One of the factors that plays a role in academic stress is psychological well-being. The population of this study was 32,352 active students who were in their final semester in Semarang City. The researcher used a convenience sampling technique. The data collection method used the Psychological Well-being Scale (58 items,  $\alpha = .944.$ ) and the Academic Stress Scale (26 items,  $\alpha = .872.$ ) which were modified from Maryama's (2015) study which refers to Gadzella's (1994) Student-Life Stress Inventory (SSI). Simple Regression Analysis showed that there was a significant negative relationship between psychological well-being and academic stress ( $r = -.662.$ ;  $p < .001.$  ( $p < .05.$ )). This means that the higher the psychological well-being, the lower the academic stress felt by final semester organizational students in Semarang City. And vice versa.*

**Keywords:** *psychological well-being; academic stress; organizational students.*