

CORRELATION BETWEEN ADVERSITY INTELLIGENCE AND ACADEMIC STRESS IN FIRST YEAR STUDENT OF THE FACULTY PSYCHOLOGY DIPONEGORO UNIVERSITY

Ernika Kurniasari
15000117120037

Faculty of Psychology, Diponegoro University,
Prof. Mr. Sunario Street, Tembalang, Semarang, Indonesia 50275

Email: ernikakurniasari@gmail.com

Abstract

The first year students are students transitioning from high school to college who are vulnerable to experiencing academic stress. Academic stress is a condition experienced by individuals when they feel academic pressure exceeds their ability to achieve a predetermined target, resulting in negative manifestations from physiological, cognitive, emotional and behavioral aspects. *Adversity intelligence* is one of the factors that contributes to the formation of student resilience. *Adversity intelligence* intended for students to be able to face difficulties and process these difficulties, so that they become challenges that have the opportunity to be resolved. This research aims to analyze the relationship between *adversity intelligence* and academic stress in first year students at the Faculty of Psychology, Diponegoro University. This method used in this research is quantitative correlational research. The population of this study are 385 first year students at the Faculty of Psychology, Diponegoro University. The sampling technique used in this research is *cluster random sampling* with a research sample of 200 students. Data collection in this research uses a scale *Adversity Intelligence* (28 items, $\alpha = .925$) and the Academic Stress Scale (31 items, $\alpha=.924$). Results of data analysis using tests *Spearman's Rho* shows a significant negative relationship between *adversity intelligence* with student academic stress ($r_{xy} = -0.183$ and $p = 0,009$ ($p < 0.05$)). These results show that the higher *adversity intelligence* the lower the student's academic stress. Vice versa, the more lower the level of *adversity intelligence*, the more higher the level of student academic stress.

Keywords: adversity intelligence, academic stress, students