

**PENGARUH STRES AKADEMIK DAN *COPING STRATEGIES*
TERHADAP *PSYCHOLOGICAL WELL-BEING* PADA MAHASISWA
YANG SEDANG MENYUSUN SKRIPSI DI UNIVERSITAS PENDIDIKAN
INDONESIA BANDUNG**

SKRIPSI

Diajukan Untuk Memenuhi Salah Satu Syarat Dalam Memperoleh Gelar Sarjana
Psikologi Program Studi S1 Psikologi Fakultas Ilmu Pendidikan Universitas
Pendidikan Indonesia



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FAKULTAS ILMU PENDIDIKAN

UNIVERSITAS PENDIDIKAN INDONESIA

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Agustus 2020

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ABSTRAK

Bunga Rinjani Larasati (1505334). Pengaruh Stres Akademik dan *Coping Strategies* terhadap *Psychological Well-Being* pada Mahasiswa yang Sedang Menyusun Skripsi di Universitas Pendidikan Indonesia Bandung. Skripsi. Departemen Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. Bandung. (2020).

Tujuan dari penelitian ini adalah untuk mengetahui pengaruh dari stres akademik dan *coping strategies* terhadap *psychological well-being* pada mahasiswa yang sedang menyusun skripsi. Penelitian ini menggunakan pendekatan kuantitatif dengan desain penelitian korelasional. Penelitian ini dilakukan pada mahasiswa yang sedang menyusun skripsi di Universitas Pendidikan Indonesia Bandung yang berjumlah 400 responden menggunakan teknik *non-probability sampling* yaitu *accidental sampling*. Penelitian ini menggunakan tiga instrumen penelitian yaitu *Student Life Stress Inventory*, *Ryff's Psychological Well-Being 18 item Scale* dan instrumen yang diadaptasi dari teori *coping* Lazarus dan Folkman yang dilakukan oleh peneliti. Hasil dalam penelitian ini yaitu terdapat pengaruh stres akademik dan *coping strategies* terhadap *psychological well-being*. Stres akademik memiliki pengaruh yang negatif terhadap *psychological well-being* dan *coping strategies* dapat membantu meningkatkan *psychological well-being* apabila *coping* yang digunakan efektif.

Kata Kunci: Stres Akademik, *Coping Strategies*, *Psychological Well-Being*, Mahasiswa.

ABSTRACT

Bunga Rinjani Larasati (1505334). *The Effect of Academic Stress and Coping Strategies on Psychological Well-Being in Students Who Are Writing Their Final Paper at Indonesia University of Education Bandung. Final Paper. Department of Psychology, Faculty of Education, Universitas Pendidikan Indonesia. Bandung. (2020).*

This research is aimed to determine the effect of academic stress and coping strategies on psychological well-being in students who are writing their thesis. This research uses a quantitative approach with a correlational research design. This research was conducted on students who are preparing thesis at Indonesia University of Education in Bandung totaling 400 respondents using non-probability sampling technique, namely accidental sampling. This research was conducted by using three research instruments: Student Life Stress Inventory, Ryff's Psychological Well-Being 18 item Scale and instruments adapted from Lazarus and Folkman coping theory conducted by researchers. The results show the effects of academic stress and coping strategies on psychological well-being. Academic stress has a negative effect on psychological well-being and coping strategies can help improve psychological well-being if coping is used effectively.

Keywords: *Academic Stress, Coping Strategies, Psychological Well-Being, College Students.*

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