HUBUNGAN *ACADEMIC SELF EFFICACY* DAN STRESS AKADEMIK MAHASISWA TAHUN PERTAMA PERKULIAHAN

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ABSTRAK

Pandemi Covid-19 memberikan dampak bagi dunia pendidikan salah satunya bagi pendidikan perguruan tinggi yang pastinya harus melakukan banyak perubahan akibat dari pandemi. Mahasiswa tahun pertama perkuliahan harus beradaptasi dari sekolah menengah atas ke perguruan tinggi ditengah kondisi yang bisa saja berubah sewaktu-waktu serta dituntut harus bisa memenuhi beban akademik perguruan tinggi. Ketika mahsiswa dihadapkan oleh banyak nya tekanan dan tuntutan akademik maka bisa menyebabkan stress akademik. Mahasiswa yang memiliki kemampuan keyakinan diri bahwa dirinya mampu memenuhi dan menghadapi masalah akademik akan memiliki tingkat stress yang lebih rendah. Tujuan penelitian kali ini adalah untuk mengetahui hubungan antara *self efficacy* akademik dengan stress akademik pada mahasiswa tahun pertama perkuliahan yaitu angkatan 2021. Partisipan penelitian adalah mahasiswa angkatan 2021 fakultas Psikologi Universitas Surabaya. Penelitian menggunakan angket terbuka dan tertutup dalam pengambilan data. Uji hipotesisnya yaitu terdapat hubungan negatif antara stress akademik dan *self efficacy* akademik pada mahasiswa semester awal perkuliahan. Hasil penelitian menunjukkan bahwa tingkat *self efficacy academic* berada pada kategori sedang dan tingkat stress akademik berada pada kategori sedang hingga tinggi. Artinya terdapat hubungan negatif antara *self efficacy academic* dan stress akademik.

Kata kunci : Self Efficacy Academic, Stress Akademik, Mahasiswa Semester Awal

THE RELATIONSHIP OF ACADEMIC SELF EFFICACY AND ACADEMIC STRESS FIRST YEAR STUDENTS

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ABSTRACT

The Covid-19 pandemic has had an impact on the world of education, one of which is higher education, which of course has to make many changes as a result of the pandemic. First-year students must adapt from high school to college in the midst of conditions that can change at any time and are required to be able to meet the academic burden of higher education. When students are faced with a lot of pressure and academic demands, it can cause academic stress. Students who have the ability to believe in themselves that they are able to meet and deal with academic problems will have lower stress levels. The purpose of this study was to determine the relationship between academic self-efficacy and academic stress in students in the first year of lectures, namely the class of 2021. The research participants were students of the 2021 faculty of Psychology, University of Surabaya. The study used open and closed questionnaires in data collection. The hypothesis test is that there is a negative relationship between academic stress and academic self-efficacy in students in the first semester of lectures. The results showed that the level of academic self-efficacy was in the medium category and the level of academic stress was in the medium to high category. This means that there is a negative relationship between academic self-efficacy and academic stress.

Keywords: Academic Self Efficacy, Academic Stress, Early Semester Students