

## ABSTRAK

Di Jawa Barat prevalensi penduduk usia  $\geq 15$  tahun yang mengalami gangguan mental emosional yaitu sebesar 12,11% dari jumlah penduduk Jawa Barat. Selama proses perkuliahan seringkali mahasiswa merasa tertekan atau stres karena beban akademik. Salah satu faktor yang mempengaruhi stres akademik yaitu *self efficacy*, karena *self efficacy* dapat menurunkan stres akademik. Tujuan penelitian ini untuk mengetahui hubungan *self efficacy* dengan stres akademik pada mahasiswa program studi sarjana keperawatan tingkat II dan III di Universitas Bhakti Kencana Bandung.

Jenis penelitian ini deskriptif korelatif dengan pendekatan *cross sectional*. Populasi sebanyak 310 mahasiswa tingkat II dan III, teknik sampling yang digunakan yaitu *proporsionate stratified random sampling*, sampel yang diambil sebanyak 76 responden. Instrumen yang digunakan yaitu kuesioner GSES (*General Self Efficacy Scale*) dan kuesioner SSI (*Student-Life Stres Inventory*). Analisis data menggunakan uji univariat dan bivariat dengan uji *Spearman Rank*.

Gambaran *self efficacy* mahasiswa berada pada kategori sedang dengan presentase 50% dan gambaran stres akademik mahasiswa berada pada kategori sedang dengan presentase 56,6%. Hasil penelitian didapatkan *p-value* sebesar 0,003 dan lebih kecil dari nilai *alpha* 0,05. Hasil *correlation coefficient* yaitu sebesar -0,342. Ada hubungan negatif antara *self efficacy* dengan stres akademik yang berarti semakin tinggi *self efficacy* maka akan semakin rendah stres akademik, begitupun sebaliknya. *Self efficacy* yang dimiliki mahasiswa dapat menurunkan aspek *level*, *generality* dan *strength* terhadap stres akademik. Berdasarkan hasil penelitian ini diharapkan pihak Program Studi Sarjana Keperawatan di Universitas Bhakti Kencana Bandung dapat membuat kebijakan baru seperti mengadakan program bimbingan konseling dengan mahasiswa agar mahasiswa merasa terdukung selama proses perkuliahan.

Kata Kunci : Mahasiswa, *Self Efficacy*, Stres Akademik

Daftar pustaka : 5 Buku (2015-2019)

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1 Website (2012)

## **ABSTRACT**

*In West Java, the prevalence of people aged 15 years who experience mental emotional disorders is 12.11% of the total population of West Java. During the lecture process, students often feel pressured or stressed because of the academic burden. One of the factors influencing academic stress is self-efficacy. The purpose of this study is to determine the relationship between self-efficacy and academic stress in second-year and third-year undergraduate nursing students at Universitas Bhakti Kencana, Bandung.*

*This study works on the correlative description with a cross-sectional approach. There are 76 respondents from a total of 310 second-year and third-year undergraduate nursing students. The sample was determined using the proportionate stratified random sampling technique. The GSES questionnaire (General Self Efficacy Scale), while the SSI questionnaire (Student-Life Stress Inventory). This study used univariate and bivariate analysis with the Spearman Rank test.*

*The result showed that 50% of the students are in the medium category of self-efficacy, and 56,6% are in the medium category of academic stress. The results showed that the  $p$ -value was 0.003 and smaller than the alpha value of 0.05, with the correlation coefficient at -0.342. There is a negative correlation between self-efficacy and academic stress. Therefore, the higher the self-efficacy, the lower the academic stress experienced by the students and vice versa. Self efficacy by students can lower the level, generality and strength against academic stress. Based on the results of this study, the Department of Nursing at Universitas Bhakti Kencana Bandung is expected to make new policies or programs. This may include counselling sessions with the students to help them feel supported during their educational process.*

*Keywords : College students, Self-Efficacy, Academic stress*

*Bibliograph : 5 Book (2015-2019)*

*27 Journal (2011-2020)*

*6 Thesis (2012-2019)*

*1 Website (2012)*