

ABSTRAK

Avindra Nazla Salsabila, 111611133123, Hubungan Antara Kesepian dan Stres Akademik Ditinjau dari Tingkat Kepuasan Hubungan Romantis pada *Emerging Adulthood*, Skripsi, Fakultas Psikologi Universitas Airlangga, Surabaya, 2020.

xix + 85 halaman, 50 lampiran.

Berdasarkan penelitian-penelitian yang telah dilakukan sebelumnya didapatkan bahwa adanya hubungan antara kesepian dan stress akademik dengan hubungan romantis sebagai penentunya. Penelitian ini bertujuan untuk membuktikan adanya hubungan antara kesepian dan stres akademik dengan hubungan romantis sebagai penentunya. Kesepian mengacu pada aspek kesepian dari Weiss (Peplau & Pelman, 1982), stres akademik mengacu pada Klink, Byars – Winston, dan Bakken (2014), dan tingkat kepuasan hubungan romantis mengacu pada Hendrick (1988).

Penelitian ini merupakan penelitian kuantitatif dengan metode pengumpulan data survei. Partisipan adalah mahasiswa yang memiliki pasangan dengan rentang usia 18 tahun sampai dengan 25 tahun. Instrumen penelitian menggunakan *UCLA Loneliness Scale Version 3*, *Educational Stress Scale for Adolescent*, dan *Relationship Assesment Scale*.

Hasil analisis data menunjukkan terdapat hubungan yang signifikan antara kesepian dan stres akademik ($r = 0,250$; $p = 0,004$). Sedangkan hubungan yang tidak signifikan antara kepuasan hubungan romantis dan stres akademik ($r = 0,074$; $p = 0,408$) dan hubungan antara kepuasan hubungan romantis dan kesepian tidak signifikan ($r = 0,072$; $p = 0,416$). Dari penelitian yang telah dilakukan, dapat disimpulkan bahwa kesepian dan stres akademik memiliki hubungan yang lemah sebesar 0,035 ($r = 0,250$). Dan jika ditinjau dengan tingkat kepuasan hubungan romantis memiliki faktor yang lemah atau diartikan tidak memiliki hubungan ($r = 0,074$ dengan stres akademik dan $r = 0,072$ dengan kesepian).

Kata kunci: Kesepian, Stres Akademik, Tingkat Kepuasan Hubungan Romantis, *Emerging Adulthood*.

Daftar Pustaka, 50, (1982-2019)

ABSTRACT

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Based on studies that have been done previously, it is found that there is a relationship between loneliness and academic stress with romantic relationships as a determinant. Related to this issue, this study investigates whether or not there is a relationship between loneliness and academic stress with romantic relationships as a determinant.

In this study, loneliness refers to the lonely aspect of Weiss (Peplau & Pelman, 1982), while academic stress refers to Klink, Byars-Winston, and Bakken (2014), and the level of satisfaction of romantic relationships refers to Hendrick (1988). This study is a quantitative study that used survey as a data collection method. The participants were college students who were currently in a romantic relationship with the age range of 18 to 25 years. This study also applied the UCLA Loneliness Scale Version 3, Educational Stress Scale for Adolescent, and Relationship Assessment Scale as the instrument.

The results of data analysis showed that there is a significant relationship between loneliness and academic stress ($r = 0,250$; $p = 0,004$). Meanwhile, the relationship between romantic relationship satisfaction and academic stress is insignificant ($r = 0.074$; $p = 0.408$) as well as the relationship between romantic relationship satisfaction and loneliness ($r = 0.072$; $p = 0.416$). From the results of this study, it can be concluded that loneliness and academic stress have a weak relationship of 0.035 ($r = 0.250$). Moreover, if it is observed from the level of romantic relationship satisfaction, it has a weak relationship or is interpreted as not having a relationship ($r = 0.074$ with academic stress and $r = 0.072$ with loneliness).

Keywords: *Loneliness, Academic Stress, Level of Satisfaction Romantic Relationships, Emerging Adulthood*

References, 50, (1982-2019)