

ABSTRAK

Galuh Arivia Nastiti Putri, 111711133016, Pengaruh *Self-efficacy* terhadap Stres Akademik Mahasiswa dalam Pembelajaran Jarak Jauh selama Pandemi Covid-19, *Skripsi*, Fakultas Psikologi Universitas Airlangga, 2020

xvi + 68 halaman, 21 lampiran.

Penelitian ini bertujuan untuk mengetahui pengaruh *self-efficacy* terhadap stres akademik mahasiswa dalam pembelajaran jarak jauh selama pandemi Covid-19. Pembelajaran jarak jauh selama pandemi Covid-19 ini memiliki beberapa kelebihan dan juga kendala. Kendala-kendala ini kemudian menjadi *stressor* yang menyebabkan stres akademik bagi mahasiswa. Sehingga diperlukan keyakinan-keyakinan dalam diri setiap individu agar mampu menghadapi dan menyelesaikan segala tuntutan-tuntutan tersebut. Keyakinan pada diri sendiri bahwa ia akan mampu menyelesaikan segala tuntutan-tuntutan biasa disebut *Self-efficacy*.

Penelitian ini dilakukan pada 252 mahasiswa di Indonesia dengan usia 18-21 tahun yang sedang melakukan pembelajaran jarak jauh selama pandemi Covid-19. Alat pengumpul data berupa kuesioner adaptasi *Student-Life Stres Inventory* (Gadzella, 1994) yang berjumlah 51 item dan *General Self-efficacy* (GSE) (Schwarzer & Jerusalem, 1995) yang berjumlah 10 item. Teknik sampling data pada penelitian ini adalah *simple random sampling*. Analisis data dilakukan dengan bantuan program statistik SPSS versi 22 for *Windows*.

Hasil penelitian menunjukkan bahwa *self-efficacy* memiliki pengaruh yang signifikan terhadap stres akademik mahasiswa selama pembelajaran jarak jauh selama pandemi Covid-19 dengan nilai signifikansi sebesar 0,000 ($p < 0,05$) dan nilai koefisien sebesar 0,169. Koefisien determinasi (R^2) *Self-efficacy* terhadap stres akademik sebesar 2,8%.

Kata Kunci: *Self-efficacy*, Stres Akademik, Mahasiswa

Daftar Pustaka, 71 (1993-2020)

ABSTRACT

Galuh Arivia Nastiti Putri, 111711133016, *The Effect of Self-efficacy on Student Academic Stress in Distance Learning during the Covid-19 Pandemic*, Undergraduate Thesis, Faculty of Psychology, Airlangga University, 2020

xvi + 68 pages, 21 appendix.

This study aims to determine the effect of self-efficacy on student academic stress in distance learning during the Covid-19 pandemic. Distance learning during the Covid-19 pandemic has several advantages as well as obstacles. These constraints then become stressors that cause academic stress for students. So that we need beliefs in each individual in order to be able to face and resolve all these demands. Belief in yourself that he will be able to complete all the demands is usually called Self-efficacy.

This research was conducted on 252 students in Indonesia aged 18-21 years who were doing distance learning during the Covid-19 pandemic. Data collection tools were in the form of an adaptation questionnaire to the Student-Life Stress Inventory (Gadzella, 1994), which amounted to 51 items and General Self-efficacy (GSE) (Schwarzer & Jerusalem, 1995), which amounted to 10 items. The data sampling technique in this study was simple random sampling. Data analysis was performed with the help of the statistical program SPSS version 22 for Windows.

The results showed that self-efficacy had a significant effect on student academic stress during distance learning during the Covid-19 pandemic with a significance value of 0.000 ($p < 0.05$) and a coefficient value of 0.169. The coefficient of determination (R^2) of self-efficacy on academic stress is 2.8%.

Kata Kunci: *Self-efficacy, Academic Stress, Students Bibliography, 71 (1993-2020)*