ABSTRAK

Adyaning Raras Anggita Kumara, Hubungan antara *Academic Hardiness* dengan *Academic Flow* pada Mahasiswa, Skripsi, Fakultas Psikologi Universitas Airlangga, 2019. XVIII + 109 halaman, 16 lampiran

Penelitian ini bertujuan untuk mengetahui apakah terdapat hubungan antara *academic hardiness* dengan *academic flow* pada Mahasiswa. *Academic Hardiness* adalah konsep ketangguhan atau daya tahan ketika menghadapi kesulitan dalam akademik, mencakup tiga komponen yaitu: *control, challenge,* dan *commitment* (Benishek & Lopez, 2001; (Benishek dkk., 2005). Csikszentmihaly (1997) mendefinisikan *flow* sebagai suatu kondisi saat individu terlibat aktif pada kegiatannya. *Flow* adalah suatu *state* atau kondisi ketika individu dapat berkonsentrasi penuh terhadap apa yang dilakukannya. Ketika individu merasa nyaman dengan apa yang sedang dikerjakan, berkonsentrasi, dan melakukan tugas atau kegiatan akademik atas dasar motivasi intrinsik maka dapat disebut dengan *academic flow* (Yuwanto, 2013c)

Penelitian ini dilakukan pada mahasiswa aktif baik sarjana dan diploma dengan jumlah subjek sebanyak 355 mahasiswa aktif. Pengambilan sampel dilakukan dengan metode *accidental sampling*. Alat pengumpul data yang digunakan adalah kuisioner yang terdiri atas skala *Academic Hardiness* dan skala *Academic Flow*. Skala *Academic Hardiness* menggunakan alat ukur RAHS *(Revised Academic Hardiness Scale)* dengan reliabilitas (r=0,853) (Benishek dkk., 2005). *Academic Flow* diukur dengan LIS *(The Flow Inventory for Student),* alat ukur yang dikembangkan Yuwanto (2011) dengan reliabilitas (r=0,828). Analisis data menggunakan uji korelasi *Spearman's Rho* dengan bantuan SPSS 22.0 *for windows.*

Hasil analisis data menunjukkan nilai signifikansi (sig) sebesar 0,000 (sig < 0.05) dengan koefisien korelasi sebesar 0,655 menunjukkan bahwa hubungan antara kedua variabel tersebut bersifat positif dan kuat. Disimpulkan bahwa terdapat hubungan antara *academic hardiness* dengan *academic flow* pada mahasiswa.

Key words: *Academic Hardiness, Academic Flow,* Mahasiswa

Daftar pustaka, 73 (1979 – 2019)

ABSTRACT

Adyaning Raras Anggita Kumara, The Relationship between *Academic Hardiness* and *Academic Flow* on College Students, An Undergraduate Thesis, Faculty of Psychology Universitas Airlangga, 2019. XVIII + 109 pages, 16 attachment

This study aims to determine whether there is any relationship between academic hardiness and academic flow on college students. Academic hardiness is a concept of endurance to face academic difficulties. It consists of three components: control, challenge, and commitment (Benishek & Lopez, 2001; (Benishek dkk., 2005). Csikszentmihaly (1997) defines flow as a condition in which an individual is fully engaged in an activity. It is a state or condition in which an individual can fully concentrate to what he does. When an individual enjoys what he is doing, fully concentrates, and does his academic activities based on the intrinsic motivation, it is called as academic flow (Yuwanto, 2013c).

This study was conducted on active college students both in bachelor and diploma level, with total number of subjects are 355 students. Sampling was done by accidental sampling. The data collected by using the questionnaire consists of: academic hardiness scale and academic flow scale. The academic hardiness is measured by using RAHS (Revised Academic Hardiness Scale) with reliability (r=0,853) (Benishek dkk., 2005). Meanwhile academic flow is measured by using LIS (The Flow Inventory for Student), a scale developed by Yuwanto (2011) with reliability (r=0,828). Data was analyzed by using Spearman's Rho statistical correlation technique using SPSS 22.0 for windows.

The results of data analysis showed that the significance of the relationship between academic hardiness and academic flow is 0,000 (sig < 0,05). The coefficient correlation is 0,655 which showed that the correlation was positive and strong. It can be concluded that there is a correlation between academic hardiness and academic flow on college students.

Key words: *Academic Hardiness, Academic Flow, College Students*

References, 73 (1979 - 2019)