

ABSTRAK

Rufina Nenitryana, 111714253024. Pengaruh Perceived Stress dan Adjustment terhadap Academic Performance pada mahasiswa Belu-Malaka Nusa Tenggara Timur Yogyakarta, Tesis. Program Studi Magister Sains Psikologi Fakultas Psikologi Universitas Airlangga, Surabaya.

Penelitian ini bertujuan untuk mengetahui pengaruh *perceived stress* dan *adjustment* terhadap *academic performance* pada Mahasiswa Belu Malaka Nusa Tenggara Timur di Yogyakarta.

Metode penelitian yang digunakan dalam penelitian ini adalah penelitian Kuantitatif dengan pendekatan survey. Penelitian ini dilakukan di Yogyakarta, dengan jumlah subjek sebanyak 130 orang. Alat pengumpulan data berupa kuisioner mengenai *perceived stress* yang dikembangkan oleh Cohen dan Williamson (1988), yang merupakan skala multiaitem yang terdiri dari sepuluh item. *Adjustment* yang diadaptasi oleh Baker Bakery (2002) yang terdiri dari empat dimensi yaitu penyesuaian akademik, penyesuaian social, penyesuaian emosi dan kelekatan. Teknik analisis data menggunakan model regresi linear berganda.

Teknik analisis data yang digunakan analisis regresi linear berganda dengan *IBM SPSS Statistic 22.0* Berdasarkan hasil analisis data diperoleh nilai R square 0,036 menunjukkan bahwa terdapat pengaruh yang signifikan antara *perceived stress* dan *adjustment* terhadap *academic performance*. Besarnya sumbangan yang diberikan 3,6%, sedangkan sisanya dipengaruhi atau dijelaskan oleh variabel dan hasil penelitian lain. Hasil uji regresi secara terpisah menunjukkan variabel bebas *perceived stress* secara signifikan mempengaruhi *academic performance* mahasiswa Belu-Malaka Nusa Tenggara Timur Yogyakarta, sedangkan variabel bebas *Adjustment* tidak berpengaruh signifikan terhadap variabel *academic performance* mahasiswa Belu Malaka Nusa Tenggara Timur di Yogyakarta.

Kata Kunci : *Academic Performance, Perceived Stress, Adjustment*, Mahasiswa Belu Malaka di Yogyakarta.

ABSTRACT

Rufina Nenitryana, 111714253024. The impact of perceived stress and adjustment on the academic performance of the students from Belu and Malaka in Yogyakarta. Thesis. Master's program in psychological science. Psychology faculty. Airlangga University, Surabaya.

This research aimed to identify the impact of perceived stress and Adjustment on the Academic Performance of the students from Belu and Malaka in Yogyakarta. The research method used was the quantitative survey approach. This research was conducted in Yogyakarta. There were 130 students as the subjects of this research. Besides, the researcher used the perceived stress questionnaire which was developed by Cohen and Williamson (1988). The questionnaire was a multiple-item scale. It consisted of ten items. Furthermore, the research focused on the adjustment that was adapted by Baker Bakery (2002). It had four dimensions, such as academic adjustment, social adjustment, emotional adjustment, and attachment. The questionnaire used multiple linear regression as the model.

The data analysis technique used multiple linear regression with BM SPSS statistic 22.0. Based on the data analysis, the researcher got R-square value 0,036. It showed that there was a significant impact between perceived and adjustment on academic performance. The amount of percentage obtained was 3,6%, while the rest was influenced/ explained by another variable and research. The result of the regression test separately indicated that the free variable of perceived stress significantly influenced the academic performance of the students from Belu and Malaka in Yogyakarta while the free variable of adjustment did not impact significantly on the academic performance of the students from Malaka and Belu in Yogyakarta.

Keywords : Academic Performance, Perceived Stress, Adjustment, Mahasiswa Belu Malaka in Yogyakarta.