

ABSTRACT

THE RELATIONSHIP BETWEEN ACADEMIC STRESS AND LEARNING OUTCOMES OF FIRST SEMESTER STUDENTS AT ST. VINCENTIUS A PAULO CATHOLIC COLLEGE OF HEALTH SCIENCES SURABAYA

By:

Petricia Putri Kristin Injilina Rohadi
NIM: 202002024

Evaluation of the learning process in students is assessed from learning outcomes which can be interpreted as changes, in knowledge as a result of evaluation. The phenomenon found at St. Vincentius A Paulo Catholic Health Sciences College Surabaya students complain because of the heavy exam material for several courses. Students who are constrained by learning methods feel pressure to get good grades, which tends to make students experience academic stress. The purpose of the study was to identify the relationship between academic stress and learning outcomes in first-semester students at St. Vincentius A Paulo Catholic Health Sciences College Surabaya. The research design used a correlation study with cross-sectional approach. The research variables were the level of academic stress and student learning outcomes. The study population was first-semester students, samples was 67 respondents taken using proportional random sampling. Academic stress is measured using the Educational Stress Scale for Adolescents, learning outcomes are measured by the odd semester grade point average. The results of the study as many as 76.1% of respondents experienced moderate levels of academic stress and 53.7% of respondents had Semester Achievement Index scores in the praise category. The relationship between the two variables was assessed using the Spearman Rank correlation test with a p-value = 0.027 there is a relationship between academic stress and student learning outcomes, a correlation coefficient of -0,270 low relationship strength with negative direction, increasing academic stress followed by decreasing learning outcome. Researchers suggest for institutions to provide counseling on effective learning and how to deal with academic stress regularly and in the field of student affairs in collaboration with UKM Journalism to make posters on wall magazines about stress management.

Keywords: Academic Stress, Learning Outcomes, Students

ABSTRAK

HUBUNGAN STRESS AKADEMIKDENGAN HASIL BELAJAR PADA MAHASISWA SEMESTER SATU DI STIKES KATOLIK ST. VINCENTIUS A PAULO SURABAYA

Oleh:

Petricia Putri Kristin Injilina Rohadi
NIM: 202002024

Evaluasi proses belajar pada mahasiswa dinilai dari hasil belajar yang dapat diartikan sebagai perubahan, dalam pengetahuan sebagai hasil evaluasi. Fenomena yang dijumpai di STIKES Katolik St. Vincentius A Paulo Surabaya mahasiswa mengeluh karena beratnya materi ujian beberapa mata kuliah. Mahasiswa yang terkendala dengan metode pembelajaran merasakan adanya tekanan untuk mendapatkan nilai yang baik hal tersebut cenderung membuat mahasiswa mengalami stres akademik. Tujuan penelitian mengidentifikasi hubungan stres akademik dengan hasil belajar pada mahasiswa semester satu di STIKES Katolik St. Vincentius A Paulo Surabaya. Desain penelitian studi korelasi dengan pendekatan *cross sectional*. Variabel penelitian adalah tingkat stres akademik dan hasil belajar mahasiswa. Populasi penelitian mahasiswa semester satu jumlah sampel 67 responden diambil menggunakan *proportional random sampling*. Stres akademik diukur menggunakan *Educational Stress Scale for Adolescents*, hasil belajar diukur dengan nilai Indeks Prestasi Semester ganjil. Hasil penelitian sebanyak 76,1% responden mengalami tingkat stres akademik sedang dan 53,7% responden memiliki nilai Indeks Prestasi Semester pada kategori pujian. Hubungan kedua variabel dinilai menggunakan uji korelasi *Rank Spearman* dengan nilai $p = 0,027$ ada hubungan antara stres akademik dengan hasil belajar mahasiswa, koefisien korelasi $-0,270$ kekuatan hubungan rendah dengan arah negatif, semakin meningkat stres akademik diikuti menurunnya hasil belajar mahasiswa. Peneliti menyarankan bagi institusi untuk memberikan penyuluhan tentang belajar efektif serta cara mengatasi stres akademik secara berkala dan pada bidang kemahasiswaan berkerja sama dengan UKM Jurnalistik untuk membuat poster pada majalah dinding tentang manajemen stres.

Kata Kunci: Stres Akademik, Hasil Belajar, Mahasiswa