

ABSTRAK

Agustin, Afita Dewi. 2026. Hubungan Antara Coping Behavior dan Dukungan Sosial Terhadap Stres Akademik Pada Mahasiswa Tingkat Akhir. Skripsi. Program Studi Bimbingan dan Konseling, Fakultas Keguruan dan Ilmu Pendidikan, Universitas PGRI Madiun. Pembimbing: (1) Dr. Tyas Martika Anggriana, S.Psi., M.Pd., (2) Dr. Ratih Christiana, S.Pd., M.Pd.

Penelitian ini bertujuan untuk mengetahui: (1) hubungan antara coping behavior dengan stres akademik, (2) hubungan antara dukungan sosial dengan stres akademik, dan (3) hubungan secara simultan antara coping behavior dan dukungan sosial dengan stres akademik pada mahasiswa tingkat akhir FKIP Universitas PGRI Madiun. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Sampel penelitian berjumlah 60 responden yang dipilih menggunakan teknik purposive sampling dari 14 program studi di FKIP UNIPMA. Instrumen penelitian menggunakan skala Likert yang telah diuji validitas dan reliabilitasnya. Teknik analisis data menggunakan korelasi Product Moment Pearson dan korelasi ganda dengan bantuan SPSS. Hasil penelitian menunjukkan bahwa: (1) terdapat hubungan negatif yang signifikan antara coping behavior dengan stres akademik ($r = -0,489$, $p = 0,000 < 0,05$), artinya semakin efektif coping behavior mahasiswa maka semakin rendah stres akademik yang dialami; (2) tidak terdapat hubungan yang signifikan antara dukungan sosial dengan stres akademik ($r = -0,178$, $p = 0,175 > 0,05$); (3) terdapat hubungan yang signifikan secara simultan antara coping behavior dan dukungan sosial dengan stres akademik ($R = 0,519$, $R^2 = 0,269$, $p = 0,000 < 0,05$), dengan kontribusi sebesar 26,9%. Kesimpulan penelitian ini adalah coping behavior terbukti berhubungan signifikan dengan stres akademik secara parsial maupun simultan bersama dukungan sosial, sedangkan dukungan sosial secara parsial tidak terbukti berhubungan signifikan dengan stres akademik pada mahasiswa tingkat akhir FKIP UNIPMA.

Kata Kunci: coping behavior, dukungan sosial, stres akademik, mahasiswa tingkat akhir

ABSTRACT

Agustin, Afita Dewi. 2026. The Relationship Between Coping Behavior and Social Support on Academic Stress Among Final-Year Students. Undergraduate Thesis. Guidance and Counseling Study Program, Faculty of Teacher Training and Education, Universitas PGRI Madiun. Advisors: (1) Dr. Tyas Martika Anggriana, S.Psi., M.Pd., (2) Dr. Ratih Christiana, S.Pd., M.Pd.

This study aimed to determine: (1) the relationship between coping behavior and academic stress, (2) the relationship between social support and academic stress, and (3) the simultaneous relationship between coping behavior and social support with academic stress among final-year students of the Faculty of Teacher Training and Education, Universitas PGRI Madiun. This study employed a quantitative approach with a correlational research design. The sample consisted of 60 respondents selected using a purposive sampling technique from 14 study programs in the Faculty of Teacher Training and Education at Universitas PGRI Madiun. The research instruments were Likert-scale questionnaires that had been tested for validity and reliability. Data were analyzed using the Pearson Product-Moment Correlation and Multiple Correlation techniques with the assistance of SPSS software. The findings revealed that: (1) there was a significant negative relationship between coping behavior and academic stress ($r = -0.489$, $p = 0.000 < 0.05$), indicating that the more effective the students' coping behavior, the lower their academic stress; (2) there was no significant relationship between social support and academic stress ($r = -0.178$, $p = 0.175 > 0.05$); and (3) there was a significant simultaneous relationship between coping behavior and social support with academic stress ($R = 0.519$, $R^2 = 0.269$, $p = 0.000 < 0.05$), with a contribution of 26.9%. It can be concluded that coping behavior was significantly associated with academic stress both partially and simultaneously with social support, whereas social support alone was not significantly associated with academic stress among final-year students of the Faculty of Teacher Training and Education, Universitas PGRI Madiun.

Keywords: coping behavior, social support, academic stress, final-year students.