

SKRIPSI

HUBUNGAN *SELF-EFFICACY* DENGAN STRES AKADEMIK PADA MAHASISWA DALAM MENYUSUN SKRIPSI DI FAKULTAS KEPERAWATAN UNIVERSITAS ANDALAS



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FEBRUARI 2023

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Februari 2023

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Hubungan *Self-Efficacy* dengan Stres Akademik pada Mahasiswa dalam
Menyusun Skripsi di Fakultas Keperawatan Universitas Andalas

ABSTRAK

Mahasiswa adalah agen yang rentan memiliki stres akademik yang tinggi dalam mengerjakan skripsi sehingga membutuhkan *self-efficacy* yang tinggi. *Self-efficacy* merupakan salah satu faktor internal yang dapat mempengaruhi stres akademik. Penelitian ini bertujuan untuk mengetahui hubungan *self-efficacy* dengan stres akademik pada mahasiswa dalam menyusun skripsi di Fakultas Keperawatan Universitas Andalas. Jenis penelitian ini adalah penelitian kuantitatif dengan menggunakan desain *cross sectional*. Pengumpulan data penelitian dilakukan dari bulan Juni-Juli 2022 dengan sampel sebanyak 152 mahasiswa yang menggunakan metode sensus (*total sampling*) dan data dianalisis menggunakan uji *chi-square*. Instrumen penelitian menggunakan *Self-Efficacy Scale* dan *Gadzella's Student-Life Stress Inventory*. Hasil penelitian menunjukkan lebih dari setengah mahasiswa memiliki *self-efficacy* rendah (50,7%) dan mengalami stres akademik sedang (73%). Berdasarkan hasil uji statistik, terdapat hubungan antara *self-efficacy* dengan stres akademik pada mahasiswa dalam menyusun skripsi di Fakultas Keperawatan Universitas Andalas ($p\text{-value} = 0,000$). Oleh karena itu, diharapkan pihak institusi pendidikan dapat memotivasi mahasiswa, memberikan layanan konseling secara aktif dan berkesinambungan melalui pembimbing akademik dan dosen pembimbing skripsi, dan menciptakan program untuk mengetahui dan mengatasi stres akademik yang dirasakan mahasiswa dalam menyusun skripsi dengan cara *screening* berkala.

Kata kunci : mahasiswa, *self-efficacy*, skripsi, stres akademik

Daftar Pustaka : 78 (1994-2022)

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January 2023

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The Relationship between Self-Efficacy and Stress Academic on Students in Completing Undergraduate Thesis at the Faculty of Nursing Andalas University

ABSTRACT

Students are agents who are prone to have high academic stress in working on their thesis so that students need high self-efficacy. Self-efficacy is one of the internal factors that can affect academic stress. This study aims to determine the relationship between self-efficacy and academic stress in students in completing their undergraduate thesis at the Faculty of Nursing, Andalas University. This type of research is a quantitative study using a cross sectional design. Research data collection was conducted from June to July 2022 with a total sample of 152 students using a sampling technique, namely census (total sampling) and data were analyzed using the chi-square test. The research instrument used the Self-Efficacy Scale and Gadzella's Student-Life Stress Inventory. The results showed that more than half of students had low self-efficacy (50.7%) and experienced moderate academic stress (73%). Based on the results of statistical tests, there is a relationship between self-efficacy and academic stress in students in completing their undergraduate thesis at the Faculty of Nursing, Andalas University ($p\text{-value} = 0.000$). Therefore, it is hoped that educational institutions can motivate students, provide counseling services actively and continuously through academic advisors and thesis supervisors, and create programs to identify and overcome academic stress felt by students in completing their thesis by means of periodic screening.

Keywords : academic stress, self-efficacy, student, undergraduate thesis

Bibliograph : 78 (1994-2022)