

# **Hubungan karakteristik dan kesejahteraan spiritual dengan resiliensi akademik santri pondok pesantren mahasiswa di Depok = The correlation between characteristics and spiritual well-being with academic resilience among Islamic boarding school students in Depok**

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## **Abstrak**

Resiliensi akademik adalah kemampuan untuk bertahan pada kondisi yang sulit, beradaptasi secara positif, serta kemampuan menghadapi hambatan dan tantangan dalam konteks akademik. Perbedaan karakteristik yang terdiri atas usia, jenis kelamin, masa studi, dan prestasi akademik, serta kesejahteraan spiritual mampu menjadi prediksi terbentuknya resiliensi. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara karakteristik dan kesejahteraan spiritual dengan resiliensi akademik mahasiswa santri di pondok pesantren. Desain penelitian yang digunakan adalah deskriptif-korelasi dengan pendekatan cross-sectional. Sebanyak 111 mahasiswa santri tingkat satu dan dua pondok pesantren di Depok diambil sebagai sampel menggunakan teknik stratified random sampling. Berdasarkan hasil analisis hubungan, ditemukan tidak ada hubungan yang signifikan antara karakteristik usia ( $p=0,908$ ), jenis kelamin ( $p=0,361$ ), dan masa studi ( $p=0,519$ ) dengan resiliensi akademik. Hasil analisis korelasi Pearson, peneliti menemukan bahwa terdapat hubungan bermakna positif antara karakteristik prestasi dengan resiliensi akademik ( $p=0,048$ ) dan kesejahteraan spiritual dengan resiliensi akademik ( $p=0,001$ ). Hasil penelitian ini dapat diaplikasikan dalam bidang pengembangan pendidikan dan penelitian keperawatan.

.....Academic resilience is the ability to survive in difficult conditions, adapt positively, and deal with obstacles as well as challenges in academic contexts. The difference in characteristics, including age, gender, study year, academic achievement, and spiritual well-being, can predict resilience. This study aims to identify the relationship between characteristics and spiritual well-being with the academic resilience of Islamic boarding school students. This study used descriptive-correlation with a cross-sectional approach. A total of 111 first- and second-year undergraduate students of Islamic boarding school in Depok were taken as samples using a stratified random sampling technique. The result showed that there was no significant relationship between characteristics of age ( $p=0.908$ ), gender ( $p=0.361$ ), and study year ( $p=0.519$ ) with academic resilience. Pearson correlation test found that there was a significant positive relationship between the characteristic of academic achievement and academic resilience ( $p=0.048$ ) also spiritual well-being and academic resilience ( $p=0.001$ ). The results of this study can be used for nursing education and research development.