

Stres Akademik dan Subjective Well Being pada Mahasiswa: Peran Self Compassion sebagai Moderator = Academic Stress And Well-Being On College Student: The Moderating Role Of Self-Compassion

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Abstrak

Dalam kehidupan perkuliahan di universitas, stres akademik senantiasa menjadi faktor penghalang bagi mahasiswa untuk mencapai subjective well being yang tinggi. Self compassion diperkenalkan sebagai salah satu variabel yang berpotensi dapat melindungi mahasiswa dari stres akademik. Penelitian ini bertujuan untuk melihat bagaimana efek self compassion dalam memoderasi hubungan antara stres akademik dan subjective well being. Partisipan penelitian ini adalah 251 mahasiswa dengan rentang usia berkisar antara 18-23 tahun ($M=21,18$, $SD=1.33$). Hasil analisis korelasi Pearson menunjukkan bahwa stres akademik secara signifikan berkorelasi negatif dengan subjective well being. Hasil analisis moderasi menggunakan PROCESS Macro Hayes menunjukkan bahwa self compassion tidak berkontribusi secara signifikan terhadap hubungan antara stres akademik dan subjective well being. Hasil penelitian, implikasi, limitasi, serta saran untuk penelitian kedepannya didiskusikan.

.....In university life, academic stress is always become a major obstacle for students to achieve high subjective well-being. Self-compassion is introduced as a variable that has the potential to protect students from academic stress. This study aims to see how the effect of self-compassion in moderating the relationship between academic stress and subjective well-being. The participants of this study were 251 students with an age range ranging from 18-23 years ($M=21.18$, $SD=1.33$). The results of Pearson correlation analysis shows that academic stress is significantly negatively correlated with subjective well being. The results of the moderating analysis using PROCESS Macro Hayes show that self-compassion does not contribute significantly to the relationship between academic stress and subjective well-being. The research results, implications, limitations, and suggestions for future research are discussed.