

Peranan dimensi-dimensi keberfungsian keluarga terhadap penghayatan stres akademik pada mahasiswa = The role of family functioning dimensions towards the comprehension of academic stress on college students

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Abstrak

Penelitian ini dilakukan untuk melihat kontribusi tiap-tiap dimensi keberfungsian keluarga terhadap stres akademik. Instrumen yang digunakan untuk mengukur keberfungsian keluarga ialah Family Assesment Device FAD versi 3. Instrumen yang digunakan untuk mengukur stres akademik adalah Educational Stress Scale for Adolescents ESSA . Partisipan pada penelitian ini adalah 274 mahasiswa berusia 18- 21 tahun. Hasil penelitian menunjukkan bahwa terdapat dimensi keberfungsian keluarga yang memiliki kontribusi yang signifikan dalam memprediksi stres akademik. Berdasarkan hasil multiple regression, dimensi keberfungsian keluarga yang memiliki kontribusi signifikan dalam memprediksi stres akademik adalah komunikasi.

This research was conducted to examine the contribution of each dimension of family functioning towards academic stress. The instrument used to measure family functioning was Family Assessment Device FAD version 3. The instrument used to measure academic stress was Educational Stress Scale for Adolescents ESSA . Participants in this study were 274 college students aged 18 21 years.

The results showed that there are dimensions of family functioning which had a significant contribution in predicting academic stress. Based on the result of multiple regression, the dimension of family functioning which has a significant contribution in predicting academic stress is communication.