

ABSTRAK

IDENTIFKASI STRESSOR AKADEMIK PADA MAHASISWA TAHUNKELIMA FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN UNIVERSITAS LAMPUNG TAHUN AKADEMIK 2019/2020

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Penelitian ini bertujuan untuk mengidentifikasi stresor akademik dan memetakan stresor yang muncul pada mahasiswa tahun kelima FKIP Universitas Lampung Tahun Akademik 2019/2020. Metode yang digunakan yaitu metode deskriptif dengan penelitian kualitatif. Populasi penelitian sebanyak 1.739 mahasiswa FKIP Universitas Lampung dengan subjek sebanyak 129 mahasiswa. Teknik pengambilan sampel bersifat *non probability sampling*. Adapun teknik pengumpulan data dengan mengisi kuesioner stresor akademik melalui survei online dengan judul Halo Mahasiswa FKIP Unila, yang kemudian dianalisis menggunakan *coding* dan dibantu dengan *software* NVivo.

Hasil penelitian diketahui ada tiga *stressor* tertinggi. Penyelesaian skripsi dengan perolehan jawaban tertinggi berjumlah 137 jawaban dengan presentase 80%, berkaitan dengan masalah revisi skripsi, belum merevisi skripsi dan kebingungan dalam merevisi skripsi. Stresor finansial sebagai faktor tertinggi kedua, dengan presentase 54%. Kesulitan mahasiswa dalam mengkomunikasikan perkembangan studinya dengan dosen sebagai tertinggi ketiga dengan perolehan 84 jawaban dan presentase 69%.

Hasil komparasi pada perbandingan antara stresor akademik dengan stresor menurut beberapa ahli memiliki perbedaan dan persamaan. Namun, dari hasil perbandingan ini ditemukan keunikan pada stresor akademik Fakultas Keguruan dan Ilmu Pendidikan, yaitu; penyelesaian skripsi, kesulitan mahasiswa dalam mengkomunikasikan perkembangan studinya dengan dosen, finansial, layanan akademik, sarana dan prasarana, pekerjaan, dan lainnya.

Kata kunci: Stres Akademik, Stresor, Bimbingan Konseling

ABSTRACT

IDENTIFICATION OF ACADEMIC STRESSOR IN FIFTH YEAR STUDENTS FACULTY OF TEACHING AND EDUCATIONAL SCIENCES UNIVERSITY OF LAMPUNG ACADEMIC YEAR 2019/2020

By

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This study aims to identify the dominant factors of academic stressors and map the stressors that arise in the fifth year students of FKIP Lampung University in the 2019/2020 academic year. The method used is descriptive method with qualitative research. The research population was 1,739 FKIP students at the University of Lampung with a subject of 129 students with non-probability sampling as a sampling technique. The data collection technique is by filling out an academic stressor questionnaire through an online survey with title Halo Mahasiswa FKIP Unila and then analyzing it using coding and assisted by the NVivo software.

The results obtained are that there are three highest stressors, namely the thesis with the highest answer acquisition with the acquisition of 137 answers with a percentage of 80% which contains thesis revision, not revising the thesis and confusion in revising the thesis. Financial stressors were the second highest factor, with the highest answer being on the sub-theme of difficulty paying single tuition fees with 67 answers and a percentage of 54%. The lecturer with the third highest answer acquisition on the sub-theme is difficult to find and is often not in the room with 84 answers and a percentage of 69%. The results of the comparison on the comparison between academic stressors and stressors according to some experts have some differences and similarities. However, from the results of this comparison, it was found that the uniqueness of the academic stressors of the Faculty of Teacher Training and Education, namely; thesis, lecturers, finance, academic services, facilities and infrastructure, work, and others.

Key words: Fifth Year Student, Academic Stress, Stressor. Guidance and Council