

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
TASIKMALAYA
PROGRAM STUDI KESEHATAN MASYARAKAT
PEMINATAN PROMOSI KESEHATAN
2024**

ABSTRAK

RIZKIANI DEWI SUHAENDI

FAKTOR-FAKTOR YANG MEMPENGARUHI STRES AKADEMIK PADA MAHASISWA KESEHATAN MASYARAKAT FAKULTAS ILMU KESEHATAN UNIVERSITAS SILIWANGI (ANGKATAN 2019)

Menurut WHO prevalensi stres tergolong cukup tinggi, yaitu berada pada urutan ke 4 di dunia atau dialami oleh 350 juta penduduk di dunia (Prabamurti *et al.*, *n.d.*, 2017). Prevalensi mahasiswa di dunia yang mengalami stres didapatkan sebanyak 38 - 71%, selanjutnya di Asia dilaporkan sebanyak 39,6-61,3% (Habeb 2010, Koochaki 2009). Sedangkan, jumlah mahasiswa yang mengalami stres di Indonesia sendiri dilaporkan sebanyak 36,7 - 71,6% (Ningsih *et al.*, 2018). Penelitian ini merupakan Penelitian deskriptif kuantitatif dengan menggunakan pendekatan *cross sectional*. Variabel Dependen pada Penelitian ini adalah Stres Akademik, sedangkan Variabel Independen adalah : Tuntutan Belajar, Beban Tugas, Kekhawatiran Nilai Akademik, Ekspetasi Diri, dan Keputusan. Pengambilan sampel yaitu pada mahasiswa angkatan 2019 Program Studi Kesehatan Masyarakat Fakultas Ilmu Kesehatan Universitas Siliwangi yang aktif dalam mengikuti perkuliahan. Skala stres akademik diukur menggunakan instrumen *The Educational Stres Scale for Adolescents* (ESSA) yang dikembangkan oleh Sun *et. al.* (2013). Skala ini terdiri dari 15 item yang penghitungannya menggunakan skala likert 4 poin. Metode SEM-PLS digunakan untuk menganalisis data dan menguji hipotesis. Hasil penelitian menunjukkan terdapat pengaruh yang signifikan antara stres akademik dengan berbagai faktor, tuntutan belajar memiliki nilai *T Statistics* (13,833) > *T Table* (1,96). beban tugas memiliki nilai *T Statistics* (8,423) > *T Table* (1,96). kekhawatiran nilai akademik memiliki nilai *T Statistics* (6,579) > *T Table* (1,96). ekspetasi diri memiliki nilai *T Statistics* (10,949) > *T Table* (1,96). keputusan memiliki nilai *T Statistics* (10,016) > *T Table* (1,96). saran dan rekomendasi untuk mahasiswa agar bisa mengurangi stres akademiknya dengan mengimplementasikan beragam strategi manajemen diri secara efektif.

Kata Kunci : Stres Akademik, Tuntutan Belajar, Beban Tugas

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ABSTRACT

RIZKIANI DEWI SUHAENDI

**FACTORS INFLUENCING ACADEMIC STRESS IN PUBLIC HEALTH
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(GROUP OF 2019)**

According to WHO, the prevalence of stress is quite high, which is ranked 4th in the world or experienced by 350 million people in the world (Prabamurti et al., n.d, 2017). The prevalence of students in the world who experience stress is found to be 38 - 71%, while in Asia it ranged from 39.6 - 61.3% (Habeeb 2010, Koochaki 2009). Meanwhile, the prevalence of students experiencing stress in Indonesia alone was found to be 36.7-71.6% (Ningsih et al., 2018). This type of research is quantitative descriptive research with a cross sectional approach. The Dependent Variable in this research is Academic Stress, while the Independent Variables are: Pressure to Study, Workload, Worries about Academic Grades, Self-Expectations, Despondency. The sample in this study were students from the 2019 class of the Public Health Study Program, Faculty of Health Sciences who were active in attending lectures. The Academic stress scale in this study was measured by developing the instrument The Educational Stress Scale for Adolescents (ESSA) developed by Sun et. al. (2013). This scale consists of 15 items which are measured using a 4 point Likert scale. The method used in this research to analyze data and test hypotheses is the SEM-PLS method. The research results show that there is a significant influence between academic stress and various factors, Pressure to Study has a value of T Statistics (13.833) > T Table (1.96). Workload has a T Statistics value (8.423) > T Table (1.96). Worries about Academic Grades have a value of T Statistics (6.579) > T Table (1.96). Self-Expectation has a T Statistics value (10.949) > T Table (1.96). Despondency has a T Statistics value (10.016) > T Table (1.96). Suggestions for students to reduce their academic stress are to use various self-management strategies well.

Keywords : Academic Stress, Pressure to Study, Workload