

ABSTRAK

PERBANDINGAN COPING STRES AKADEMIK BERDASARKAN JENIS KELAMIN PADA MAHASISWA TINGKAT AKHIR PROGRAM STUDI BIMBINGAN DAN KONSELING UNIVERSITAS SANATA DHARMA YOGYAKARTA

Leony Rantelili

Universitas Sanata Dharma

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Penelitian ini bertujuan untuk (1) Mengetahui tingkat *coping* stres pada mahasiswa tingkat akhir Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta. (2) Mengetahui tingkat *coping* stres pada mahasiswi tingkat akhir Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta. (3) Mengetahui perbedaan tingkat *coping* stres akademik antara mahasiswa dan mahasiswi tingkat akhir Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta.

Jenis penelitian ini adalah kuantitatif komparatif. Subjek dalam penelitian ini adalah mahasiswa tingkat akhir Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta yang berjumlah 60 mahasiswa dari total populasi 77 mahasiswa. Kuesioner disusun berdasarkan aspek *coping* stres menurut Lazarus dan Folkman (1984). Nilai koefisien reliabilitas Alpha Chronbach instrumen sebesar 0,947 dengan 51 item valid.

Hasil penelitian ini menunjukkan bahwa tidak terdapat perbedaan tingkat coping stres akademik pada mahasiswa dan mahasiswi tingkat akhir Program Studi Bimbingan dan Konseling Universitas Sanata Dharma Yogyakarta, dilihat dari nilai signifikansi $0,058 > \alpha = 0,05$. Mahasiswa dan mahasiswi memiliki tingkat coping stres akademik dalam kategori tinggi. Frekuensi tingkat coping stres akademik mahasiswa adalah sebesar 23 (76,7%), sedangkan mahasiswi sebesar 17 (56,7%).

Kata kunci: *Coping* stres akademik, mahasiswa tingkat akhir, jenis kelamin.

ABSTRACT

COMPARISON OF ACADEMIC STRESS COPING IN TERMS OF GENDER IN FINAL LEVEL STUDENTS OF THE GUIDANCE AND COUNSELING STUDY PROGRAM OF SANATA DHARMA UNIVERSITY, YOGYAKARTA

Leony Rantelili

University of Sanata Dharma

2024

This research aims to (1) determine the level of stress coping in final year male students of the Guidance and Counseling Study Program at Sanata Dharma University, Yogyakarta. (2) Knowing the level of stress coping in final year female students of the Guidance and Counseling Study Program at Sanata Dharma University, Yogyakarta. (3) Knowing the differences in levels of coping with academic stress between male and female students in the final year of the Guidance and Counseling Study Program at Sanata Dharma University, Yogyakarta.

This type of research is comparative quantitative. The subjects in this research were final year students of the Guidance and Counseling study program at Sanata Dharma University, Yogyakarta, totaling 60 students from a total population of 77 students. The questionnaire was prepared based on aspects of coping stress according to Lazarus and Folkman (1984). The instrument's Alpha Chronbach reliability coefficient value is 0.947 with 51 valid items.

The results of this study show that there is no difference in the level of academic stress coping in final year students of the Guidance and Counseling study program at Sanata Dharma University, Yogyakarta, seen from the significance value of $0.058 > \alpha = 0.05$. Students and female students have a high level of academic stress coping. The frequency of students' academic stress coping level was 23 (76.7%), while female students were 17 (56.7%).

Keywords: *Academic stress coping, high school students, gender.*