

HUBUNGAN ANTARA *SELF-REGULATED LEARNING* DENGAN STRES AKADEMIK PADA MAHASISWA KEPERAWATAN UNIVERSITAS TANJUNGPURA PONTIANAK

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XVI + 129 Halaman + 9 Tabel + 13 Lampiran

ABSTRAK

Latar Belakang : Stres menjadi bagian dari kehidupan akademik yang dihadapi oleh mahasiswa karena berbagai faktor. Mahasiswa sangat rentan mengalami stres karena akan terjadi perubahan transisi pada tingkat individu dan sosial. Mahasiswa yang mengalami stres akademik masih kurang menerapkan *self-regulated learning* selama di perkuliahan sehingga berdampak pada kemampuan mahasiswa mengatur secara efektif pengalaman belajarnya sendiri dalam berbagai cara untuk mencapai hasil belajar yang optimal.

Tujuan : Penelitian ini bertujuan untuk mengetahui hubungan antara *self-regulated learning* dengan stres akademik pada mahasiswa keperawatan Universitas Tanjungpura Pontianak

Metode : Penelitian bersifat kuantitatif menggunakan desain korelasional dengan pendekatan *cross sectional*. Sampel diambil dengan menggunakan *teknik stratified random sampling* dilanjutkan *purposive sampling* dengan jumlah responden 162 mahasiswa. Pengambilan data menggunakan kuesioner *Self-Regulated Learning* dan Stres Akademik. Uji statistik menggunakan uji korelasi *Kendall's tau*.

Hasil : Hasil analisa univariat didapatkan sebagian besar memiliki *self-regulated learning* tinggi sebanyak 78 responden (48,1%) dan memiliki tingkat stres akademik yang tinggi sebanyak 59 responden (36,4%). Hasil uji korelasi menunjukkan bahwa tidak ada hubungan antara *self-regulated learning* dengan stres akademik pada mahasiswa keperawatan Universitas Tanjungpura Pontianak ($p=0,173$).

Kesimpulan : Dalam penelitian ini dapat disimpulkan bahwa tidak ada hubungan antara *self-regulated learning* dengan stres akademik pada mahasiswa keperawatan Universitas Tanjungpura Pontianak.

Kata Kunci: *Self-regulated learning*, Stres akademik, Mahasiswa keperawatan

Referensi: 96 (1990 – 2022).

**THE RELATIONSHIP BETWEEN SELF-REGULATED LEARNING WITH
ACADEMIC STRESS IN NURSING STUDENTS AT TANJUNGPURA
UNIVERSITY PONTIANAK**

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ABSTRACT

Background: Stress is a part of academic life faced by students due to various factors. Students are very vulnerable to stress because there will be transitional changes at the individual and social levels. Students who experience academic stress still do not apply self-regulated learning while in college, so it has an impact on students' ability to manage their own learning experiences in various ways to achieve optimal learning results effectively.

Objective: This research aims to relationship between self-regulated learning and academic stress on nursing students at Tanjungpura University, Pontianak

Methods: The research is quantitative using a correlational design with a cross sectional approach. Samples were taken using a stratified random sampling technique followed by purposive sampling with a sample of 162 students respondents. Data collection used the Self-Regulated Learning and Academic Stress questionnaire. Kendall's tau correlation test was used for statistical test

Results: The results of the univariate analysis showed that most of them had high self-regulated learning as many as 78 respondents (48.1%) and had high levels of academic stress as many as 59 respondents (36.4%). The results of the correlation test showed that there was no relationship between self-regulated learning and academic stress in nursing students at Tanjungpura University, Pontianak ($p=0.173$).

Conclusion: This research concludes that there is no relationship between self-regulated learning with academic stress in nursing students at Tanjungpura University, Pontianak ($p=0.173$).

Keyword: Self-regulated learning, Academic stress, Nursing students

References: 96 (1990 – 2022).