

ABSTRACT

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The difference level of stress in students with learning on the pattern of personality type "A" and students with a pattern of personality type "B". (Meiske Y. Suparman, M. Psi.). S1 Study Program Psychology, University of Tarumanagara.

In the life of an increasingly competitive, having higher education has become a necessity, so many individuals who continue their education into college. With so many individuals who continue their education, it is no wonder that many individuals will experience stress in learning. The level of stress in every student can learn is different, because it can be influenced by personality traits of each student. There are students who are aggressive, competitive, and a perfectionist (personality type "A"), but there are also students who are calm, relaxed, and more optimistic (personality type "B"). This research was conducted on 109 people late adolescence at the University of X. The subject of this research are new students aged 18-20 years. This study uses quantitative research methods with comparative design. The results of data analysis using T-test showed that $t = 1,404$ and p value is $0,163 > 0,05$. So, it can be concluded there was no difference in stress levels in students with learning on the pattern of personality type "A" and students with a pattern of personality type "B".

Keywords: level of stress in learning, personality type "A", personality type "B", and new students.