

ABSTRACT

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The Role of Humor Styles and Social Support on Stress of Final-Year College Students; Monika, M. Psi., Psikolog and Erik Wijaya, M.Si.; Bachelor of Psychology, Universitas Tarumanagara. (i-xiv; 65 pages; P1-P9; L1-L43).

For final-year students, doing theses or final task can cause them stress. Previous studies found that humor styles and social support are able to reduce one's stress level significantly. The purpose of this study is to investigate the role of humor styles (internal factor) and social support (external factor) on stress of final-year students in college. Method used in this study is quantitative non-experiment with simple regression test and linear multiple regression test. This study used *Humor Styles Questionnaire*, *Social Support Questionnaire*, and *Perceived Stress Scale* which is distributed to college students taking up thesis. Through a survey of 307 respondents, it is found that affiliative humor ($t = -3.341, p < .001$), self-enhancing humor ($t = -2.118, p < .035$), and social support ($t = -6.513, p < .000$) have significant negative effect on stress level. Moreover, in social support, network support ($t = -3.075, p < .002$) is the most effective aspect to reduce the stress level of participants included. In summary, humor styles have 7.4% and social support have 12.2% effect for stress level.

Keywords: Humor Styles, Social Support, Stress, Final-Year College Students