

ABSTRACT

Edward (705150067)

The Mediating Roles of Learned Resourcefulness on Academic Stress and Academic Performance on Young Adults; Erik Wijaya, M. Si, T. Undergraduate Program in Psychology, Universitas Tarumanagara, (i-ix; 41 pages, R1-R4, Appdx. 1-54).

The aim for this research is to understand the mediating roles of learned resourcefulness on academic stress and academic performance in young adults. This study use quantitative method and data are collected using questionnaires which involved 318 under graduate students whom are in the second-year of Faculty of Psychology of X University. Three questionnaires are used in this study, those are learned resourcefulness variable, stres akademik variable, and performa akademik variable which is collected from the student's GPA. The data collected are then processed using SPSS version 23. The tests that are applied to the data are validity and reliability test, normality test, and Sobel test. The result shows that learned resourcefulness has a mediating role on academic stress and academic performance with t values = 5.59 > -1.96.

Keywords: academic stress, academic performance, learned resourcefulness, young adult, under graduate students, education.