

## **Abstract**

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**Relationship between General Self-efficacy with the Daily Hassles Stress at Faculty of Psychology, X University; Sri Tiatry, M.Sc., Ph.D., Psi. & Niken Widiastuti, M.Sc., Psi. Undergraduate Program In Psychology, Tarumanagara University, (i-xii;55 page, R1-R3, Appdx 1-37).**

General self-efficacy is the belief in the ability to handle new tasks and overcome difficulties in a variety of challenging situations and stressful. While the daily hassles of stress are the experiences and conditions in daily life is considered as something that can harm and threaten the well-being. This study aims to determine the relationship between general self-efficacy with daily hassles stress on the students of the Faculty of Psychology, University X. Research involving students of the Faculty of Psychology, University of X class of 2010 through 2013 (n = 264). This research using stratified random sampling technique by taking the proportion of each generation. This study adapted the General Self-Efficacy Scale (GSE-S) and the Inventory of College Students Recent Live Experience (ICSRLE). The results of correlation analysis showed that general self-efficacy was negatively correlated with the daily hassles of stress ( $r = -0.184$   $p = 0.00$ ). Thus, the higher general self-efficacy of a person, the lower the stress experienced daily hassles, and conversely, the lower the general self-efficacy, the higher the daily hassles experienced.

Keywords: general self-efficacy, daily hassles stress, college student.