

The Effect Of Time Management Behavior And Social Support To Academic Stress Of Working Students

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Abstract

Academic stress is an individual state of the task facing the academic demands such as lectures, exams, high academic standards that lead to gaps in the individual because of the inability to meet these demands. For that individual requires time management and social support. Time management is the behavior of the timing with both planning effective and efficient. Social support is the assistance of another person against the individual concerned. This study aimed to examine the significant influence of time management and social support to stress the students' academic work. The number of research subjects used in this study were 120 students work fulltime, 67 men and 53 women. The time base management behavior scale (TMBS) for measuring time management, The Social Provision Scale to measure the social support variables and measuring tools SLSI (student life stress inventory) to measure the variables of academic stress. From the data analysis results are significant effect of time management behavior and social support to academic stress of working students (F value = 5.774 and $p = 0.000 < 0.05$). Time management is a bigger variable affecting student academic stress working (the value of time management standardized coefficients = 0.302 and the value of social support standardized coefficients = 0.007).

Keywords: Time management behavior, social support, stress academic,
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