

ABSTRACT

Desy Kumala Sari (705150018)
Rahmah Hastuti, M. Psi., Psikolog

The Correlation between Hardiness and Academic Stress on Final Level Students that are Compile the Essay.

Final level students are vulnerable to stress academically due to the process of preparing a thesis to take a bachelor's degree. Academic stress can be experienced or not by final level students, associated with hardiness that exists in individuals. The subjects of this study was early adulthood from 18 to 40 years old. The research is a quantitative research that test the correlation between two variables, that used non- probability sampling techniques, specifically for purposive sampling and convenience sampling. Researcher used Student-Life Stress Inventory by Bernadette M. Gadzella and Personal Views Survey III-R by Maddi and Khoshaba to measure variables of this study. Process of collection the data is conducted from March until May 2019. The research subjects consisted of 270 (27.8% boys and 72.2% girls). The results of the analysis using Pearson correlation have a value of $r = -0.318$, $p = 0.000 < 0.05$, so it can be concluded that there is a negative correlation between hardiness and academic stress in the final level students that are compile the essay. This result shows that students who are high in hardiness are low in academic stress. On the contrary, that students who are low in hardiness are high in academic stress.

Keywords: academic stress, hardiness, final level student, essay