

Peran Kesabaran dan Dukungan Sosial terhadap Stres Akademik pada Mahasiswa

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Abstrak. Stres akademik masih menjadi permasalahan di berbagai perguruan tinggi, tak terkecuali di Indonesia. Tuntutan orang tua dan dosen, interaksi pertemanan, serta fasilitas kampus menjadi tekanan tersendiri pada para mahasiswa. Setiap orang memiliki respons yang berbeda-beda terhadap tekanan ini. Hal ini dapat dipengaruhi oleh faktor internal, seperti kesabaran, maupun eksternal, seperti dukungan sosial. Penelitian ini bertujuan untuk mengkaji peran kedua faktor tersebut terhadap stres akademik yang dialami oleh mahasiswa. Skala yang digunakan yaitu *The Perception of Academic Stress Scale*, *3-Factor Patience Questionnaire*, dan *The Multidimensional Scale of Perceived Social Support* (MSPSS). Partisipan (N=196) merupakan mahasiswa yang sedang menempuh pendidikan S1 atau Diploma di Universitas di Yogyakarta. Hasil analisis yang dilakukan menunjukkan bahwa hipotesis pada penelitian ini tidak diterima, yaitu bahwa kesabaran dan dukungan sosial tidak berperan terhadap stres akademik. Namun, setelah seluruh data dianalisis dari sumber dukungan sosial dan faktor kesabaran, terdapat 2 sumber dukungan sosial yang memiliki peran terhadap stres akademik, yaitu dukungan sosial dari keluarga dan teman.

Kata kunci: *dukungan sosial, kesabaran, mahasiswa, stres akademik*

Abstract. Academic stress is a prominent issue in various universities, including in Indonesia. Demands from parents and lecturers, interactions with peers, and campus facilities can cause pressure on students. Everyone has different responses to this pressure. These differences can be influenced by internal factors, such as patience, or external factors, such as social support. This study aims to examine the roles of these two factors on academic stress experienced by college students. The scale used is *The Perception of Academic Stress Scale*, *3-Factor Patience Questionnaire*, and *The Multidimensional Scale of Perceived Social Support* (MSPSS). Participants (N=196) were undergraduate students who were currently studying at Universities in Yogyakarta. The results of the analysis showed that the hypothesis in this research was not accepted. This means patience and social support didn't have roles in academic stress. However, after analyzing the sources of social support and patience factors, two sources of social support had roles in academic stress. Those sources were family and friends.

Keywords: *social support, patience, college students, academic stress*