

Abstrak

Mahasiswa tingkat akhir tidak dapat terhindar dari stres ketika mengerjakan skripsi dan harus dikelola untuk meminimalisir dampak negatif jangka pendek maupun panjang. Salah satu cara mengelolanya yaitu dengan kegiatan melukis. Penelitian dengan partisipan mahasiswa teknik UGM yang sedang menjalankan skripsi ini bertujuan mengetahui dan memahami pengalaman paparan kegiatan melukis sebagai media regulasi emosi mahasiswa yang stres ketika skripsi serta mengetahui faktor sumber stresnya. Penelitian menggunakan pendekatan kualitatif dengan metode analisis data tematik. Ditemukan bahwa sumber stres mahasiswa ketika skripsi didominasi faktor eksternal dan berdampak pada berbagai aspek. Melukis juga memberikan pengalaman positif serta dapat membantu mengelola emosi dan stres ketika mengerjakan skripsi.

Kata kunci: stres, mahasiswa skripsi, regulasi emosi, melukis

Abstract:

Final year students can not avoid stress when working on a thesis and it must be managed properly to minimize short and long term negative impacts. One way to manage it is by painting activities. This research with participants of UGM engineering students who are currently doing their thesis aims to know and understand the experience of exposure to painting activities as a medium for emotional regulation of students who are stressed when doing their thesis and to find out the factors of their stress factors. The research used a qualitative approach with a thematic data analysis method. It was found that the source of stress for students during the thesis was dominated by external factors and had an impact on various aspects. Painting also provides a positive experience and can help manage emotions and stress when doing a thesis.

Keywords: stress, university student, thesis, emotion regulation, painting