

INTISARI

Stres akademik menjadi masalah yang sering dihadapi mahasiswa sejak dulu. Stres akademik memberikan dampak negatif pada kehidupan termasuk perkuliahan. Oleh karena itu, setiap individu akan berusaha untuk mencari *adaptive resources* untuk mengelola stres akademik yang dirasakan, yang bersumber dari internal (resiliensi) dan eksternal (*social support*). Mahasiswa juga memiliki *coping mechanism* untuk mengelola stres yang mereka rasakan. Di sisi lain, efek dari perkembangan teknologi yang masif menciptakan ruang virtual dari berbagai komunitas, seperti *video game*. Penelitian sebelumnya menyampaikan bahwa pada komunitas virtual *video game* mampu memberikan ketersediaan *social support* yang dibutuhkan mahasiswa. Penelitian ini bertujuan untuk menganalisis *coping mechanism* mampu memoderasi *social support* dan resiliensi sebagai *adaptive resources* pada komunitas virtual dengan stres akademik.

Penelitian ini menggunakan kuesioner sebagai instrumen yang diadaptasi dari penelitian-penelitian terdahulu. Survei dilakukan dengan *cross-sectional* dengan metode *purposive sampling*. Kuesioner disebar dengan melalui sosial media dan sampel yang diperoleh sejumlah 114. Statistika multivariat berperan pada penelitian dengan metode yang digunakan adalah *Moderated Regression Analysis*.

Hasil penelitian ini menunjukkan bahwa hipotesis pertama dan kedua berhasil didukung oleh data empiris. Hipotesis pertama menerangkan bahwa adanya *adaptive resources* pada komunitas virtual berupa *social support* dan resiliensi berhubungan signifikan dengan stres akademik. Peningkatan *adaptive resources* akan menurunkan stres akademik yang dirasakan oleh mahasiswa. Sementara itu, hipotesis kedua melibatkan pengaruh moderasi dari *coping mechanism* yang mampu mempengaruhi hubungan *adaptive resources* pada komunitas virtual berupa *social support* dan resiliensi dengan stres akademik. *Coping mechanism* memoderasi secara positif hubungan keduanya sehingga kenaikan *adaptive resources* pada komunitas virtual diikuti kenaikan stres akademik. Pengaruh positif ini bisa terjadi karena adanya karakteristik, seperti kepribadian sehingga menyebabkan hubungannya searah.

Kata kunci: Stres Akademik, Dukungan Sosial, Resiliensi, Komunitas Virtual, *Moderated Regression Analysis*

ABSTRACT

Academic stress has been a problem that students have often faced for a long time. Academic stress has a negative impact on life, including college life. Therefore, each individual will try to find adaptive resources to manage perceived academic stress, which comes from internal (resilience) and external (social support). Students also have coping mechanisms to manage the stress they feel. On the other hand, the effects of massive technological developments create virtual spaces for various communities, such as video games. Previous research said that virtual video game communities are able to provide the availability of social support needed by students. This research aims to analyze whether coping mechanisms are able to moderate social support from virtual communities and resilience as adaptive resources with academic stress.

This research used a questionnaire as an instrument which was adapted from past studies. The survey was conducted by cross sectional with purposive sampling method. Questionnaires were distributed through social media and the sample obtained was 114. Multivariate statistics played a role in this research using the Moderated Regression Analysis method.

The findings of this research indicate that the first and second hypotheses were successfully supported by empirical data. The first hypothesis explains that the presence of adaptive resources in virtual communities of video game in the form of social support and resilience is significantly related to academic stress. Increasing adaptive resources will reduce academic stress felt by students. Meanwhile, the second hypothesis involves the moderating effect of coping mechanisms that are able to influence adaptive resource relationships in virtual communities of video game in the form of social support and resilience with academic stress. The coping mechanism positively moderates the relationship between the two so that an increase in adaptive resources in the virtual community is followed by an increase in academic stress. The positive direction can occur due to characteristics of person, such as personality which causing a unidirectional relationship.

Kata kunci: *Academic Stress, Social Support, Resilience, Virtual Community, Moderated Regression Analysis*