

INTISARI

Latar Belakang: Mahasiswa profesi keperawatan yang sedang menjalani pembelajaran klinik menghadapi banyak tantangan yang dapat berkembang menjadi stresor penyebab stres akademik. Berbagai stresor ini dapat berasal dari faktor internal maupun eksternal. Apabila stres akademik tidak segera ditangani maka berisiko mempengaruhi kondisi *well-being* mahasiswa. Penelitian mengenai topik hubungan stres akademik terhadap *well-being* belum banyak dilakukan di Indonesia.

Tujuan Penelitian: Mengetahui hubungan antara stres akademik dengan *well-being* pada mahasiswa profesi keperawatan di PSIK FK-KMK UGM.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan jenis penelitian analitik korelasional dan desain *cross-sectional*. Penelitian dilakukan pada bulan April-Mei 2023 dengan sampel mahasiswa profesi keperawatan PSIK FK-KMK UGM yang berjumlah 81 orang. Instrumen yang digunakan yaitu *Perceived Stress Scale* (PSS) oleh Sheu *et al.*, (1997) yang diadaptasi oleh Rahmahidayani (2012) dan *The College Student Subjective Well-being Questionnaire Revised Version* (CSSWQ-R) oleh Renshaw dan Bolognino (2016). Analisis univariat digunakan untuk mengetahui gambaran setiap variabel. Analisis bivariat menggunakan uji *Pearson Product Moment* digunakan untuk mengetahui hubungan antara stres akademik dengan *well-being* mahasiswa profesi keperawatan.

Hasil: Mahasiswa profesi keperawatan PSIK FK-KMK UGM mengalami stres akademik tingkat rendah dengan skor rata-rata sebesar $46,43 \pm 9,645$ dan kondisi *well-being* tingkat tinggi dengan skor rata-rata sebesar $74,44 \pm 9,187$. Nilai koefisien korelasi antara stres akademik dengan *well-being* yang diperoleh yaitu $-0,279$ dengan nilai $p=0,012$ ($< 0,05$).

Kesimpulan: Terdapat hubungan yang signifikan dengan arah hubungan negatif dan korelasi lemah antara stres akademik dengan *well-being* pada mahasiswa profesi keperawatan PSIK FK-KMK UGM.

Kata Kunci: mahasiswa keperawatan, pendidikan profesi keperawatan, stres akademik, *well-being*

ABSTRACT

Background: The nursing clinical rotation students have to face many challenges that can develop into stressors that cause academic stress. These various stressors can come from internal and external factors. If academic stress is not treated immediately, it can be at risk to the condition of student well-being. Research on the topic of the relationship between academic stress and well-being has not been widely conducted in Indonesia.

Objective: This study aims to determine the relationship between academic stress and the well-being of nursing clinical rotation students at PSIK FK-KMK UGM.

Method: This research was a quantitative research with a correlational analytical research type and cross-sectional design. This research was held in April-May 2023 with a sample of 81 nursing clinical rotation students at PSIK FK-KMK UGM. Data were collected with Perceived Stress Scale (PSS) by Sheu et al., (1997) adapted by Rahmahidayani (2012) and The College Student Subjective Well-being Questionnaire Revised Version (CSSWQ-R) by Renshaw and Bolognino (2016). Univariate analysis was used to determine the description of each variable. Bivariate analysis was used the Pearson Product Moment test was used to determine the relationship between academic stress and well-being of nursing clinical rotation students.

Result: The nursing clinical rotation students at PSIK FK-KMK UGM experienced low levels of academic stress with an average score of $46,43 \pm 9,645$ and high levels of well-being conditions with an average score of $74,44 \pm 9,187$. The value of the correlation coefficient between academic stress and well-being was $-0,279$ with a value of $p=0,012 (<0,05)$.

Conclusion: There was a significant relationship between academic stress and well-being of nursing clinical rotation students with a negative relationship and weak correlations.

Keywords: Academic stress, Nursing professional education, Nursing students, Well-being