

**PERCEIVED SOCIAL SUPPORT AS PREDICTOR OF
ACCULTURATIVE STRESS AMONG INDONESIAN STUDENTS
PARTICIPATING IN STUDENT EXCHANGE PROGRAMS IN EUROPE**

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Abstract

Participating in international student exchange programs is one way of making the most of one's time in higher education. However, the number of changes that students need to adapt to may cause acculturative stress. Past studies have shown that perceived social support plays a significant role in reducing acculturation stress. This study examined whether perceived social support predicts students' acculturative stress. This study used a quantitative approach with the ASSIS (Acculturative Stress Scale for International Students) and the ISSS (Index of Sojourner Social Support). Participants were Indonesian undergraduate students who participated in an international student exchange program in Europe. Results showed that 74.79% of the students had high levels of perceived social support, and 63.02% of them had low levels of acculturative stress. Linear regression analysis proved that perceived social support could significantly predict 8.86% of students' acculturative stress.

Keywords: Perceived Social Support, Acculturative Stress, International Student Exchange Programs

Abstrak

Berpartisipasi dalam program pertukaran pelajar internasional adalah salah satu cara untuk memaksimalkan waktu di pendidikan tinggi. Namun, banyaknya perubahan yang perlu diadaptasi oleh siswa dapat menyebabkan stres akulturatif. Studi sebelumnya telah menunjukkan bahwa dukungan sosial yang dirasakan memainkan peran penting dalam mengurangi stres akulturasi. Studi ini menguji apakah dukungan sosial yang dirasakan memprediksi stres akulturasi siswa. Penelitian ini menggunakan pendekatan kuantitatif dengan ASSIS (Acculturative Stress Scale for International Students) dan ISSS (Index of Sojourner Social Support). Partisipan adalah mahasiswa S1 Indonesia yang mengikuti program pertukaran pelajar internasional di Eropa. Hasil penelitian menunjukkan bahwa 74,79% siswa memiliki tingkat persepsi dukungan sosial yang tinggi, dan 63,02% siswa memiliki tingkat stres akulturatif yang rendah. Analisis regresi linier membuktikan bahwa persepsi dukungan sosial secara signifikan dapat memprediksi 8,86% stres akulturasi siswa.

Kata kunci: Dukungan Sosial yang Dirasakan, Stres Akulturatif, Program Pertukaran Pelajar Internasional