

The Impact of Work Stress on Psychological Well-being: The Moderating Role of Growth Mindset among Gen Z Employees

UNDERGRADUATE THESIS

Submitted to the Faculty of Psychology
Universitas Gadjah Mada
in Partial Fulfillment of the Requirements
for the Degree of Bachelor in Psychology



NASHA DALILA
21/475137/PS/22771

**BACHELOR OF PSYCHOLOGY PROGRAM
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2025**

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By:

Nasha Dalila

21/475137/PS/22771

An undergraduate thesis submitted in partial fulfillment of the requirements for the degree of Bachelor in Psychology, and it has been defended in front of Undergraduate Thesis Examination Board of Faculty of Psychology Universitas Gadjah Mada

Date: 9 May 2025

Undergraduate Thesis Examination Board



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This undergraduate thesis has been accepted in partial fulfillment of the requirements for the degree of Bachelor in Psychology

Yogyakarta, 9 May 2025

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Student Number : 21/475137/PSI/22771
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Study Program : International Undergraduate Program of Psychology
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Nasha Dalila
21/475137/PSI/22771