

Peran Perfeksionisme dan Persepsi Tekanan Akademik Orang Tua terhadap Kecemasan Akademik pada Mahasiswa

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Abstrak. Masa perkuliahan merupakan fase ketika seorang individu menghadapi peningkatan tanggung jawab yang menuntut keseimbangan antara kehidupan akademik dan pribadi. Salah satu hambatan utama dalam mencapai kesuksesan akademik adalah kecemasan akademik. Penelitian ini bertujuan untuk menguji peran perfeksionisme dan persepsi tekanan akademik orang tua terhadap kecemasan akademik pada mahasiswa. Sebanyak 201 mahasiswa Indonesia (Laki-laki = 79, Perempuan = 122) yang berusia antara 18 sampai 25 tahun berpartisipasi dalam penelitian ini. Pengambilan data dilakukan dengan menggunakan tiga instrumen penelitian yaitu *Academic Anxiety Scale (AAS)*, *The Child-Adolescent Perfectionism Scale – Short Form (CAPS – SF)*, dan *Perceived Parental Academic Pressure Scale (PPAPS)*. Data dianalisis menggunakan regresi linear berganda dengan bantuan *software* Jamovi versi 2.6.23. Hasil analisis menunjukkan bahwa perfeksionisme dan persepsi tekanan akademik orang tua memiliki peran positif terhadap kecemasan akademik pada mahasiswa. Penelitian ini menekankan pentingnya pengelolaan perfeksionisme dan persepsi tekanan akademik orang tua dalam menghadapi kecemasan akademik demi meningkatkan kesejahteraan psikologis mahasiswa selama menempuh perkuliahan.

Kata kunci: *kecemasan akademik, perfeksionisme, persepsi tekanan akademik orang tua, mahasiswa*

Abstract. College is a phase in which individuals face increasing responsibilities that demand a balance between academic and personal life. One of the main obstacles in achieving academic success is academic anxiety. This study aims to examine the role of perfectionism and perceived parental academic pressure on academic anxiety among university students. A total of 201 Indonesian university students (Male = 79, Female = 122) aged between 18 to 25 years old participated in this study. Data were collected using three research instruments namely *Academic Anxiety Scale (AAS)*, *The Child-Adolescent Perfectionism Scale - Short Form (CAPS – SF)*, and *Perceived Parental Academic Pressure Scale (PPAPS)*. Data analysis was conducted using multiple linear regression with the help of Jamovi software version 2.6.23. The results of the analysis showed that perfectionism and perceived parental academic pressure play a positive role on academic anxiety among university students. This study emphasizes the importance of managing perfectionism and perceived parental academic pressure in dealing with academic anxiety in order to support university students' psychological well-being during their studies.

Keywords: *academic anxiety, perfectionism, perceived parental academic pressure, university students*