

INTISARI

Latar Belakang: Mahasiswa keperawatan yang aktif dalam organisasi memiliki banyak tuntutan dari akademik maupun organisasi yang beresiko menyebabkan stres akademik. Kemampuan *coping flexibility* dibutuhkan untuk menghadapi berbagai tuntutan yang ada. Penelitian terkait hubungan *coping flexibility* dengan stres akademik pada mahasiswa belum banyak diteliti.

Tujuan: Mengetahui hubungan antara *coping flexibility* dengan stres akademik pada mahasiswa keperawatan yang aktif dalam organisasi di Program Studi Ilmu Keperawatan Universitas Gadjah Mada.

Metode: Penelitian kuantitatif analitik korelasional dengan rancangan *cross-sectional*. Sebanyak 118 mahasiswa yang aktif organisasi di PSIK UGM dipilih menjadi responden dengan teknik *proportionate stratified random sampling*. Pengumpulan data menggunakan kuesioner *Coping Flexibility Scale-Revised* dan Skala Stres Akademik. Analisis penelitian menggunakan uji korelasi *Spearman*.

Hasil Penelitian: *Coping flexibility* memiliki median sebesar 22,00. Rata-rata stres akademik sebesar 91,32. Analisis uji korelasi antara *coping flexibility* dengan stres akademik menunjukkan koefisien korelasi (r) sebesar -0,169 dengan nilai signifikansi (p -value) sebesar 0,068.

Kesimpulan: Tidak terdapat hubungan yang signifikan antara *coping flexibility* dengan stres akademik pada mahasiswa yang aktif dalam organisasi di Program Studi Ilmu Keperawatan Universitas Gadjah Mada. Perlu dipertimbangkan faktor seperti beban organisasi, dukungan sosial, dan optimisme dalam mengelola stres akademik mahasiswa.

Kata kunci: *coping flexibility*, mahasiswa keperawatan, organisasi mahasiswa, stres akademik

ABSTRACT

Background: Nursing students who are actively in organizations have a lot of demands from both academic and organizational activities, which pose a risk of causing academic stress. Coping flexibility is needed to deal the various demands. Research about the correlation between coping flexibility and academic stress among nursing students who actively in organization is still limited.

Objective: To determine the correlation between coping flexibility and academic stress among nursing students who are actively in organizations in the Nursing Science Study Program at Universitas Gadjah Mada.

Methods: This research was a quantitative analytical correlational study with *cross-sectional* design. Total of 118 students actively in organizations at the Nursing Science Study Program, Universitas Gadjah Mada, were selected as respondents using the *proportionate stratified random sampling*. Data were collected using The Coping Flexibility Scale-Revised and The Academic Stress. Data were analyzed using Spearman's Correlation Test.

Results: The median score of coping flexibility was 22.00, and the mean score of academic stress 91,32. The correlation analysis between coping flexibility and academic stress showed a correlation coefficient (r) of -0,0169 with a significancy (p -value) of 0,068.

Conclusion: There is no significant between coping flexibility and academic stress among students who are actively in organizations in the Nursing Science Study Program at Universitas Gadjah Mada. Factors such as organizational workload, social support, and optimism should be considered in managing students academic stress.

Keywords: coping flexibility, academic stress, nursing students, student organization