

Mahasiswa sering menghadapi berbagai tuntutan akademik yang dapat menimbulkan stres. Stres akademik yang tidak dikelola secara optimal berpotensi menyebabkan masalah kesehatan fisik dan mental, yang pada akhirnya dapat memengaruhi kesejahteraan serta keberhasilan akademik mahasiswa. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat stres akademik dengan karakteristik sosiodemografi, kondisi kesehatan fisik dan mental, serta bentuk penanganan yang dilakukan oleh mahasiswa non-medika Universitas Gadjah Mada.

Penelitian ini menggunakan metode kuantitatif dengan desain cross-sectional yang dilaksanakan pada minggu pertama bulan Desember 2025. Pengambilan sampel dilakukan menggunakan teknik convenience sampling dengan jumlah responden sebanyak 101 mahasiswa non-medika Universitas Gadjah Mada. Instrumen yang digunakan meliputi Perceived Academic Stress Scale (PASS) dan Patient Health Questionnaire-9 (PHQ-9). Kondisi kesehatan fisik serta upaya penanganan diidentifikasi melalui kuesioner yang memuat pertanyaan-pertanyaan yang relevan dengan topik penelitian. Analisis data dilakukan menggunakan uji *Mann-Whitney*, *Kruskal-Wallis*, regresi logistik biner, dan korelasi *Spearman's rho*.

Hasil penelitian menunjukkan bahwa mayoritas responden mengalami tingkat stres akademik sedang, yaitu sebanyak 75 responden (74,3%), kondisi kesehatan mental ringan sebanyak 48 responden (47,5%), serta keluhan kesehatan fisik sebanyak 75 responden (74,3%). Terdapat hubungan signifikan antara jenis kelamin dengan tingkat stres akademik ($p = 0,036$), tetapi tidak terdapat hubungan signifikan antara karakteristik sosiodemografi lain dengan tingkat stres akademik, meliputi usia ($p = 0,262$), tahun studi ($p = 0,486$), tempat tinggal ($p = 0,505$), dan kepribadian ($p = 0,294$) dengan tingkat stres akademik. Selain itu, ditemukan hubungan signifikan antara tingkat stres akademik dengan kondisi kesehatan mental ($p = 0,000$) dan ditemukan hubungan signifikan antara tingkat stres akademik dengan kondisi kesehatan fisik ($p = 0,234$).

Kesimpulan penelitian ini menunjukkan bahwa terdapat hubungan signifikan antara jenis kelamin dengan stres akademik, tetapi tidak terdapat hubungan signifikan antara karakteristik sosiodemografi lain dengan tingkat stres akademik. Selain itu, terdapat hubungan signifikan antara tingkat stres akademik dengan kondisi kesehatan mental dan tidak terdapat hubungan signifikan dengan kondisi kesehatan fisik. Temuan ini kemungkinan dipengaruhi oleh adanya faktor mediator, seperti strategi koping atau penanganan stres yang cukup baik pada responden, sehingga dapat mengurangi dampak stres akademik.

Kata kunci: stres akademik, kondisi kesehatan, penanganan, mahasiswa, PHQ-9, PASS

ABSTRACT

Students frequently face various academic demands that may lead to academic stress. Academic stress that is not optimally managed has the potential to cause physical and mental health problems, which may ultimately affect students' well-being and academic success. This study aimed to examine the relationship between academic stress levels and sociodemographic characteristics, physical and mental health conditions, as well as to identify the coping strategies employed by non-medical students at Universitas Gadjah Mada.

This study employed a quantitative method with a cross-sectional design conducted during the first week of December 2025. Data were collected using convenience sampling involving 101 non-medical students of Universitas Gadjah Mada. The instruments used included the Perceived Academic Stress Scale (PASS) and the Patient Health Questionnaire-9 (PHQ-9). Physical health conditions and coping strategies were assessed using a questionnaire containing items relevant to these aspects. Data analysis was performed using the *Mann-Whitney test*, *Kruskal-Wallis test*, *binary logistic regression*, and *Spearman's rho correlation*.

The results showed that the majority of respondents experienced a moderate level of academic stress, with 75 respondents (74,3%), mild mental health conditions in 48 respondents (47,5%), and physical health complaints in 75 respondents (74,3%). There was a significant relationship between gender and the level of academic stress ($p = 0,036$); however, no significant relationship was found between other sociodemographic characteristics and the level of academic stress, including age ($p = 0,262$), year of study ($p = 0,486$), place of residence ($p = 0,505$), and personality ($p = 0,294$). In addition, a significant relationship was found between the level of academic stress and mental health conditions ($p = 0,000$), and a significant relationship was also found between the level of academic stress and physical health conditions ($p = 0,234$).

The conclusion of this study indicates that there is a significant relationship between gender and academic stress; however, no significant relationship was found between other sociodemographic characteristics and the level of academic stress. Furthermore, there is a significant relationship between academic stress and mental health conditions, while no significant relationship was found with physical health conditions. These findings may be influenced by the presence of mediating factors, such as effective coping strategies or adequate stress management among respondents, which may reduce the impact of academic stress.

Keywords: academic stress, health condition, coping strategies, students, PHQ-9, PASS