

THE ROLE OF PERCEIVED DAILY STRESS AND SOCIAL SUPPORT FOR STRESS-RELATED GROWTH IN GRADUATE STUDENTS

ABSTRACT

The graduate students experienced the stress that comes from academic demands, such as the number of assignments, examinations, achievement targets, and so on. The daily stress experienced by graduate students show negative and positive impacts. Through this study, the researchers wanted to determine the role of perceived daily stress and social support for stress-related growth. The data collection method were using three questionnaires that distributed online with 128 graduate students participating in this study. The results showed the perceived daily stress and social support contributed to stress-related growth in graduate students. The results showed that perceived daily stress and social support contributed significantly to stress-related growth in graduate students ($R = 0.636$, $p < 0.01$). The direction of the role of perceived daily stress was negative, while the direction of the role of social support was positive. The role of perceived daily stress was stronger against stress-related growth compared to social support.

Keywords: perceived daily stress, social support, stress-related growth, graduate student

PERANAN *PERCEIVED DAILY STRESS* DAN DUKUNGAN SOSIAL TERHADAP *STRESS-RELATED GROWTH* PADA MAHASISWA PASCASARJANA

ABSTRAK

Mahasiswa pascasarjana mengalami stres yang berasal dari tuntutan akademik, seperti banyaknya tugas, ujian, target prestasi, dan sebagainya. Stres keseharian yang dialami mahasiswa pascasarjana dapat berdampak negatif dan positif. Melalui penelitian ini, peneliti ingin mengetahui peranan *perceived daily stress* dan dukungan sosial terhadap *stress-related growth*. Metode pengumpulan data yang digunakan adalah menggunakan kuesioner yang disebar secara *online* dan melibatkan responden sebanyak 128 mahasiswa pascasarjana. Hasil penelitian menunjukkan *perceived daily stress* dan dukungan sosial berperan secara signifikan terhadap *stress-related growth* pada mahasiswa pascasarjana ($R = 0,636$, $p < 0,01$). Arah peranan *perceived daily stress* adalah negatif, sedangkan arah peranan dukungan sosial adalah positif. Peranan *perceived daily stress* lebih kuat terhadap *stress-related growth* dibandingkan dengan dukungan sosial.

Kata kunci: perceived daily stress, dukungan sosial, stress-related growth, mahasiswa pascasarjana