



Abstract. College students has a big control over their time management as well as how they learn through anxiety of life challenges to come out with optimal academic performance. The aim of this research is to measure the impact of self regulated learning and anxiety to academic performance. Respondent of this research includes of second semester of 2020/2021 active college student in the university that located in Special Region Yogyakarta (N=96). By using multiple linear regression analysis, it is found that self regulated learning and anxiety contributes 13,7% to the result of academic performance

Keywords : *academic performance, anxiety, self-regulated learning, college student*

Abstrak. Mahasiswa memiliki kontrol yang besar dalam mengelola waktu sebesar kontrol mereka dalam bagaimana mereka belajar serta melewati kecemasan akan tantangan hidup untuk menghasilkan performa akademik yang optimal. Penelitian ini bertujuan untuk mengetahui peran *self regulated learning* dan kecemasan terhadap performa akademik. Responden penelitian ini merupakan mahasiswa aktif semester genap 2020/2021 yang berkuliah di universitas di Daerah Istimewa Yogyakarta (N=96). Setelah melakukan uji regresi linear berganda, ditemukan bahwa kecemasan dan *self-regulated learning* mampu memberikan sumbangan sebesar 13,7% terhadap hasil dari performa akademik.

Kata kunci : *, performa akademik, kecemasan, self-regulated learning, mahasiswa*