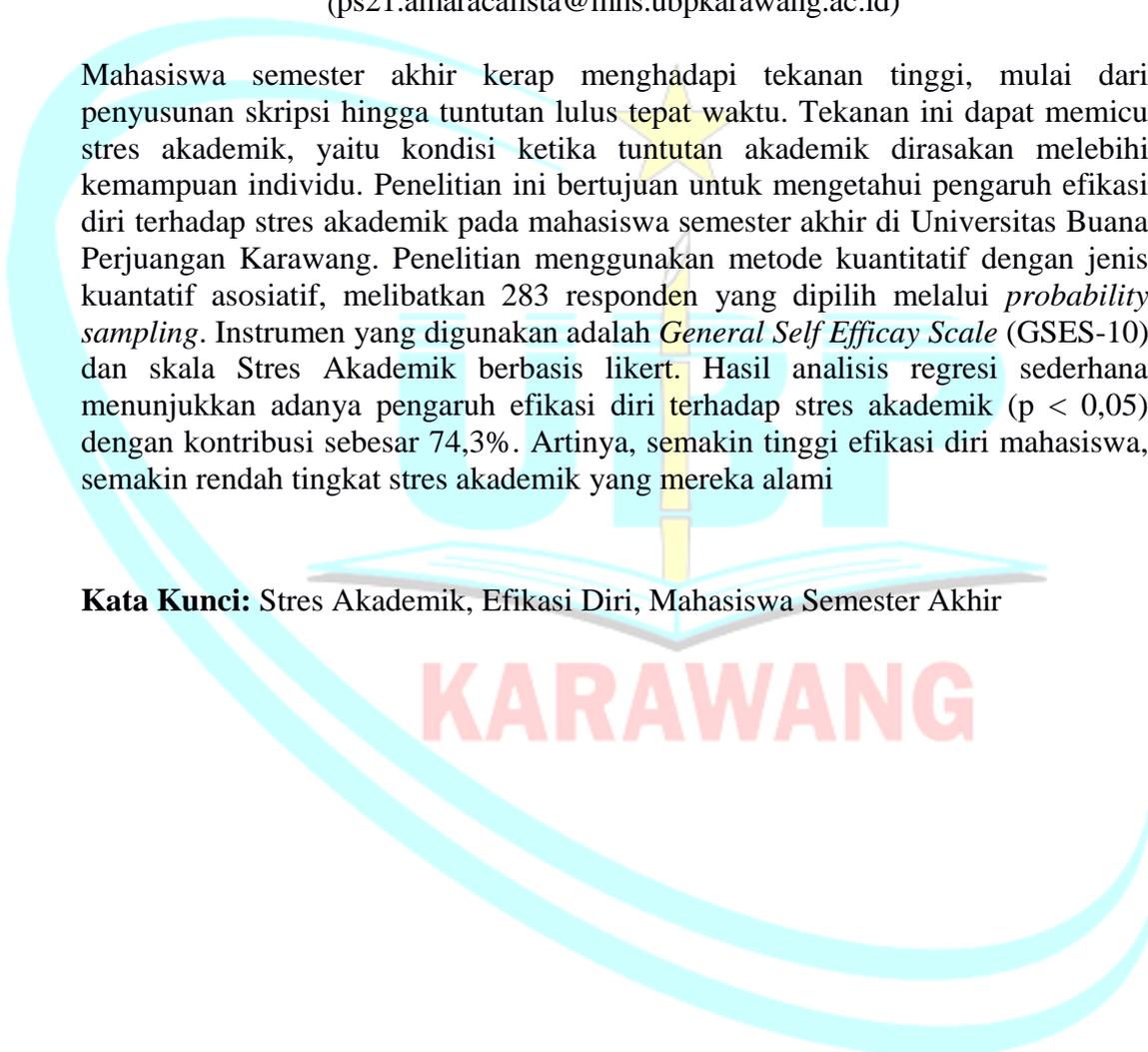


ABSTRAK**PENGARUH EFIKASI DIRI TERHADAP STRES AKADEMIK PADA MAHASISWA SEMESTER AKHIR DI UNIVERSITAS BUANA PERJUANGAN KARAWANG**

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Mahasiswa semester akhir kerap menghadapi tekanan tinggi, mulai dari penyusunan skripsi hingga tuntutan lulus tepat waktu. Tekanan ini dapat memicu stres akademik, yaitu kondisi ketika tuntutan akademik dirasakan melebihi kemampuan individu. Penelitian ini bertujuan untuk mengetahui pengaruh efikasi diri terhadap stres akademik pada mahasiswa semester akhir di Universitas Buana Perjuangan Karawang. Penelitian menggunakan metode kuantitatif dengan jenis kuantitatif asosiatif, melibatkan 283 responden yang dipilih melalui *probability sampling*. Instrumen yang digunakan adalah *General Self Efficacy Scale* (GSES-10) dan skala Stres Akademik berbasis likert. Hasil analisis regresi sederhana menunjukkan adanya pengaruh efikasi diri terhadap stres akademik ($p < 0,05$) dengan kontribusi sebesar 74,3%. Artinya, semakin tinggi efikasi diri mahasiswa, semakin rendah tingkat stres akademik yang mereka alami

Kata Kunci: Stres Akademik, Efikasi Diri, Mahasiswa Semester Akhir



KARAWANG

ABSTRACT**THE EFFECT OF SELF-EFFICACY ON ACADEMIC STRESS AMONG
FINAL SEMESTER STUDENTS AT BUANA PERJUANGAN
UNIVERSITY KARAWANG**

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Final-year students often face intense academic pressure, ranging from completing their thesis to meeting the expectation of graduating on time. Such pressure can lead to academic stress, a condition in which academic demands are perceived to exceed an individual's abilities. This study aims to examine the effect of self-efficacy on academic stress among final-year students at Buana Perjuangan University, Karawang. The research employed a quantitative associative method with a sample of 283 students selected through probability sampling. The instruments used were the General Self-Efficacy Scale (GSES-10) and a Likert-based Academic Stress Scale. Data were analyzed using simple regression analysis. The results showed a significant effect of self-efficacy on academic stress ($p < 0.05$), with a contribution of 74.3%. This finding indicates that the higher the students' self-efficacy, the lower their level of academic stress, and conversely, lower self-efficacy is associated with higher academic stress. The study highlights the importance of developing self-efficacy as a protective factor in helping students manage academic challenges effectively during the final stage of their studies.

Keywords: *Academic Stress, Self-Efficacy, Final-Semester Students*

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