

ABSTRAK

Azmiyyah, Husnul. 2021. Profil *Self-adjustment* dan Tingkat Stres Akademik pada Masa Pembelajaran Daring Mahasiswa Fakultas Teknik Universitas PGRI Adi Buana Surabaya. Fakultas Pedagogi dan Psikologi Universitas PGRI Adi Buana Surabaya. Pembimbing Ayong Lianawati, S.Pd., M.Pd.

Kata Kunci: *Self-adjustment*, Stres Akademik, Pembelajaran Daring

Tujuan penelitian ini adalah untuk mengetahui bagaimana *self-adjustment* dan tingkat stress akademik pada masa pembelajaran daring. Penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian survei. Populasi dalam penelitian ini adalah mahasiswa Fakultas Teknik Universitas PGRI Adi Buana Surabaya angkatan 2019 yang terdiri dari tujuh program studi yaitu Teknik Industri, Teknik Elektro, Teknik Lingkungan, Perencanaan Wilayah Kota, Tata Boga, Tata Busana, dan Tata Rias, dengan total keseluruhan populasi adalah 374 mahasiswa. Teknik pengumpulan data menggunakan kuesioner yang dihimpun melalui *googleform*. Teknik analisis data yang digunakan adalah statistik deskriptif.

Hasil penelitian menunjukkan tingkat *self-adjustment* dan stres akademik mahasiswa fakultas teknik berada pada kategori sedang dengan presentase 65%. Secara terperinci variabel *Self-adjustment* berada pada kategori kurang baik dengan presentase 16,5%, sedangkan variabel stres akademik berada pada kategori tinggi dengan presentase 18%. Kategori aspek terendah pada *self-adjustment* adalah citra diri positif, dan ungkapan perasaan, sedangkan aspek stres akademik pada kategori tinggi adalah perubahan, tekanan, dan frustrasi.

ABSTRACT

Azmiyyah, Husnul. 2021. Profile of Self-adjustment and Academic Stress Levels during the Online Learning Period of Students of the Faculty of Engineering, Universitas PGRI Adi Buana Surabaya. Faculty of Pedagogy and Psychology, PGRI Adi Buana University, Surabaya. Supervisor Ayong Lianawati, S.Pd., M.Pd.

Keywords: Self-adjustment, Academic Stress, Learning Online

The purpose of this study was to find out how self-adjustment and academic stress levels were during the online learning period. This study uses a quantitative approach to the type of survey research. The population in this study were students of the Faculty of Engineering, Universitas PGRI Adi Buana Surabaya batch 2019 consisting of seven study programs, namely Industrial Engineering, Electrical Engineering, Environmental Engineering, Urban Regional Planning, Catering, Clothing, and Make-up, with a total population of 374 students. The data collection technique used a questionnaire that was collected through googleform. The data analysis technique used is descriptive statistics.

The results showed that the level of self-adjustment and academic stress of engineering faculty students was in the moderate category with a percentage of 65%. In detail, the self-adjustment variable is in the poor category with a percentage of 16.5%, while the academic stress variable is in the high category with a percentage of 18%. The lowest category of aspects of self-adjustment are positive self-image, and expression of feelings, while aspects of academic stress in the high category are change, pressure, and frustration.