

# HUBUNGAN *SELF EFFICACY* TERHADAP STRES AKADEMIK MAHASISWA KEPERAWATAN UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA PADA MASA PANDEMI COVID-19

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## INTISARI

**Latar Belakang:** Pembelajaran dalam jaringan atau pembelajaran online telah berlangsung cukup lama, mahasiswa sering mendapatkan permasalahan seperti masalah akademik, akibatnya muncul permasalahan stres akademik, oleh karena itu mahasiswa memerlukan efikasi diri yang tinggi. Efikasi diri adalah keyakinan individu yang mempengaruhi kemampuannya untuk melaksanakan hal-hal yang diperlukan untuk menghasilkan sesuatu yang positif. Adapun aspek dari efikasi diri adalah *Level*, *Strength* dan *Generality*.

**Tujuan Penelitian:** Untuk mengetahui hubungan *self-efficacy* dengan stres akademik terhadap mahasiswa Universitas Jenderal Achmad Yani Yogyakarta dalam masa pandemi Covid-19.

**Metode Penelitian:** Penelitian ini menggunakan metode kuantitatif dengan studi korelasional dan menggunakan pendekatan *cross-sectional*, pengambilan sampel menggunakan Teknik *Proportionate Stratified Random Sampling* yaitu sebanyak 96 responden. Instrumen yang digunakan untuk mengambil sampel adalah kuesioner. Responden diminta mengisi dua buah kuesioner yaitu *General Self-Efficacy* dan *Academic Stress Scale*. Hasil penelitian menggunakan uji *Gamma*.

**Hasil Penelitian:** Hasil penelitian analisis univariat menunjukkan bahwa mayoritas mahasiswa memiliki efikasi diri sedang (57,3%). Sedangkan untuk stres akademik mayoritas memiliki stres sedang (82,3%). Hasil bivariante menunjukkan terdapat hubungan negatif antara efikasi diri dan stres akademik dengan hasil *P-value* 0,006 dan *r* -0,699, hal ini apabila efikasi diri tinggi maka stres akademik akan menurun.

**Kesimpulan:** Terdapat hubungan *self-efficacy* dengan stres akademik terhadap mahasiswa Universitas Jenderal Achmad Yani Yogyakarta dalam masa pandemi Covid-19.

**Kata Kunci:** Efikasi diri, Stres akademik

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**THE RELATIONSHIP BETWEEN SELF-EFFICACY AND  
ACADEMIC STRESS ON NURSING STUDENTS OF  
UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA  
DURING THE COVID-19 PANDEMIC**

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**ABSTRACT**

**Background:** Online learning has been going on for quite a long time, students often face problems such as academic problems which cause academic stress. Thus, students need high self-efficacy. Self-efficacy is an individual's belief that affects the ability to carry out the things needed to produce something positive. The aspects of self-efficacy are level, strength, and generality.

**Research:** The research is to figure out the relationship between self-efficacy and academic stress on students of Universitas Jenderal Achmad Yani Yogyakarta during the Covid-19 pandemic.

**Method:** The study used a quantitative method with a correlational study and a cross-sectional approach, taking sample using the proportionate stratified random sampling technique with a total of 96 respondents. The instrument used to gain the sample was a questionnaire. The respondents were asked to fill out two questionnaires namely General Self-Efficacy and Academic Stress Scale. The data were analysed using the Gamma test.

**Results:** The results of the univariate analysis showed that the majority of the students have moderate self-efficacy (57.3%). As for the academic stress, most of them have moderate stress level (82.3%). Bivariate results showed that there is a negative relationship between self-efficacy and academic stress with p-value 0.006 and r- 0.699, it means if the self-efficacy is high, then the academic stress will decrease.

**Conclusion:** There is a relationship between self-efficacy and academic stress on students of Universitas Jenderal Achmad Yani Yogyakarta during the Covid-19 pandemic.

**Keywords:** Self-efficacy, Academic Stress

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