

**PERBEDAAN TINGKAT STRES MAHASISWA SEMESTER AWAL  
PERANTAUAN DAN BUKAN PERANTAUAN DI FAKULTAS  
KESEHATAN UNIVERSITAS JENDERAL ACHMAD YANI  
YOGYAKARTA**

Eka Handayani <sup>1</sup>, Novita Nirmalasari <sup>2</sup>, Rahayu Iskandar <sup>3</sup>

**INTISARI**

Mahasiswa semester awal yang kuliah di Fakultas Kesehatan Unjani Yogyakarta berasal dari berbagai daerah di Indonesia. Perbedaan sosial dan budaya serta adanya perbedaan akademik dapat menimbulkan masalah bagi mahasiswa perantauan dan bukan perantauan. Keberagaman tersebut akan menimbulkan berbagai masalah yang dapat menimbulkan stres apabila tidak dapat beradaptasi dengan baik. Stres akan menimbulkan ketidaknyamanan akibat ketegangan fisik dan emosional. Bertujuan untuk mengetahui perbedaan tingkat stres mahasiswa semester awal perantauan dan bukan perantauan di Fakultas Kesehatan Unjani Yogyakarta. Deskriptif komparatif ini menggunakan cara pengambilan sampel secara *stratified random sampling* dengan teknik *cluster sampling*. Sampel berjumlah 188 mahasiswa pada lima jurusan di Fakultas Kesehatan Unjani. Kuesioner *Perceived of Stress Scale* dipakai untuk mengukur tingkat stress. Hasil penelitian didapatkan bahwa responden sebagian besar berjenis kelamin perempuan sebanyak 104 (55,32). Tingkat stress terendah pada jurusan Rekam Medis 14 (7,45%) dan tertinggi pada jurusan kebidanan 5 (2,67%). Mahasiswa perantauan lebih banyak mengalami stress ringan sebanyak 18 (9,57%) dan stress berat sebanyak 10 (5,32%) dibandingkan dengan mahasiswa bukan perantauan. Uji Statistik menggunakan *chi square* dengan hasil p-value=0,093. Tidak ada perbedaan tingkat stres mahasiswa perantauan dan bukan perantauan di Fakultas Kesehatan Unjani Yogyakarta.

**Kata Kunci:** *Stres Mahasiswa, Perantauan, Bukan Perantauan*

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<sup>1</sup>. Mahasiswa PSIK Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>. Dosen PSIK Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta

<sup>3</sup>. Dosen PSIK Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta

**THE STRESS LEVEL DIFFERENCE BETWEEN THE EARLY  
SEMESTER NON-RESIDENT STUDENTS AND RESIDENT STUDENTS  
OF THE FACULTY OF HEALTH OF UNIVERSITAS JENDERAL  
ACHMAD YANI YOGYAKARTA**

Eka Handayani <sup>1</sup>, Novita Nirmalasari <sup>2</sup>, Rahayu Iskandar <sup>3</sup>

**ABSTRACT**

The early semester students who study in the Faculty of Health of Unjani Yogyakarta come from various area in Indonesia. Various socio-cultural aspects and academic aspects may cause some problems to the non-resident students and the resident students. These various aspects can make it difficult for them to adapt with the environment which eventually make them stressful. The stress may put them in an uncomfortable situation due to the physical and emotional tension. This study aims to find out the stress level difference between the early semester non-resident students and resident students of the Faculty of Health of Unjani Yogyakarta. The study uses a comparative descriptive method by using a stratified random sampling with cluster sampling technique. The sample consists of 188 students from five majors of the Faculty of Health of Unjani. The Perceived Stress Scale questionnaire is used to measure the stress level. Most of the respondents of the study are female with a total of 104 students (55.32%). The study finds that the respondents from the Medical Records major have the lowest stress level, which is 14 (7.45%), and the respondents from the Midwifery major have the highest stress level, which is 5 (2.67%). The non-resident students tend to experience mild stress, which is 18 (9.57%), and severe stress, which is 10 (5.32%), compared to the resident students. From the Statistic Test performed using chi square, a p-value of 0.093 is obtained, which means that there is no difference of stress level between the non-resident and the resident students in the Faculty of Health of Unjani Yogyakarta.

**Keywords:** *Students' Stress, Non-resident, Resident*

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<sup>1</sup>. Student of Nursing Study Program Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>. Lecturer of Nursing Study Program Universitas Jenderal Achmad Yani Yogyakarta

<sup>3</sup>. Lecturer of Nursing Study Program Universitas Jenderal Achmad Yani Yogyakarta