

PROFIL STRES AKADEMIK MAHASISWA INTERNASIONAL DI KABUPATEN JEMBER

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INTISARI

Mahasiswa Internasional yang datang dari berbagai negara membawa keyakinan, *value*, dan cara bergaul dan berinteraksi dari negara asalnya sehingga memberi kesempatan untuk dapat mempelajari budaya, kebiasaan dan mendapat *value* baru untuk dapat dibawa ke negara asalnya. Namun hal tersebut juga membuat mahasiswa Internasional merasa tidak nyaman yang membuat stres akademik. Stres akademik berpengaruh pada keberhasilan belajar mahasiswa Internasional. Penelitian ini bertujuan untuk mengetahui bagaimana profil stres akademik mahasiswa Internasional selama menempuh pendidikan di Indonesia khususnya Kabupaten Jember.

Penelitian ini menggunakan pendekatan kuantitatif deskriptif. Subjek dalam penelitian ini sebanyak 95 orang mahasiswa Internasional dengan teknik pengambilan sampel *cluster random sampling*. Pengukuran stres akademik menggunakan skala stres akademik. Hasil penelitian secara keseluruhan stres akademik mahasiswa Internasional berada pada kategori positif sebesar 55% sebanyak 52 orang. Dilihat dari aspek perilaku stres akademik mahasiswa Internasional berada pada kategori positif sebesar 66% sebanyak 63 orang. Aspek biologis stres akademik mahasiswa Internasional berada pada kategori positif sebesar 65% sebanyak 62 orang. Aspek emosi stres akademik mahasiswa Internasional berada pada kategori positif sebesar 56% sebanyak 53 orang. Aspek kognitif stres akademik mahasiswa Internasional berada pada kategori negatif sebesar 52% sebanyak 49 orang.

Kata Kunci: Mahasiswa Internasional, Stres Akademik

1. Peneliti
2. Dosen Pembimbing I
3. Dosen Pembimbing II

**INTERNATIONAL STUDENT ACADEMIC STRESS PROFILE
IN JEMBER DISTRICT**

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ABSTRACT

International students who come from various countries bring the beliefs, values, and ways of getting along and interacting from their home countries so that they provide the opportunity to be able to learn about culture, habits and get new values to be brought to their home countries. But it also makes international students feel uncomfortable which makes academic stress. Academic stress affects the learning success of international students. This study aims to determine how the profile of international student academic stress while studying in Indonesia, especially Jember Regency.

This research uses a descriptive quantitative approach. Subjects in this study were 95 international students with cluster random sampling technique. Academic stress measurement uses an academic stress scale.

The results of the study as a whole the academic stress of international students were in the positive category of 55% as many as 52 people. Judging from the aspect of academic stress behavior, international students are in the positive category of 66% as many as 63 people. The biological aspects of academic stress for international students are in the positive category of 65% as many as 62 people. The emotional aspects of academic stress for international students were in the positive category of 56% as many as 53 people. The cognitive aspects of academic stress for international students were in the negative category of 52% as many as 49 people

Keywords: International Students, Academic Stress

1. Researcher
2. Supervisor I
3. Supervisor II