

**PENGARUH *FEAR OF FAILURE* TERHADAP STRES AKADEMIK PADA
MAHASISWA ANGKATAN 2020 & 2021 YANG SEDANG MENYUSUN
SKRIPSI DI UNIVERSITAS MUHAMMADIYAH JEMBER**

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INTISARI

Penyusunan skripsi merupakan salah satu tuntutan akademik yang sering menimbulkan tekanan psikologi pada mahasiswa. Salah satu faktor internal yang diduga berperan terhadap munculnya stres akademik adalah *fear of failure*, yaitu ketakutan individu terhadap kegagalan beserta konsekuensi negatif yang menyertainya. Penelitian ini bertujuan untuk mengetahui pengaruh *fear of failure* terhadap stres akademik pada mahasiswa angkatan 2020 & 2021 yang sedang menyusun skripsi di Universitas Muhammadiyah Jember. Penelitian ini menggunakan pendekatan kuantitatif dengan desain kausalitas. Sampel penelitian berjumlah 148 mahasiswa yang diperoleh menggunakan teknik *snowball sampling*. Instrumen yang digunakan adalah *Performance Failur Appraisal Inventory* (PFAI) untuk mengukur *fear of failure* dengan nilai reliabilitas 0,960 dan skala stres akademik berdasarkan teori Gadzella dan Masten dengan nilai reliabilitas 0,936. Analisis data dilakukan dengan menggunakan uji regresi linear sederhana. Hasil penelitian bahwa nilai ($p = 0,00 < 0,05$, $F = 289,498$) demikian H_1 diterima yang artinya bahwa terdapat pengaruh yang positif antara *fear of failure* terhadap stres akademik. Nilai koefisien determinasi (R^2) sebesar 0,665 menunjukkan bahwa *fear of failure* memberikan kontribusi sebesar 66,5 % terhadap stres akademik. Temuan ini menunjukkan bahwa semakin tinggi *fear of failure*, maka semakin tinggi pula stres akademik yang dialami mahasiswa selama proses penyusunan skripsi. Implikasi penelitian ini menunjukkan bahwa *fear of failure* menyebabkan kesulitan dalam menyelesaikan skripsi. Oleh karena itu, perguruan tinggi diharapkan dapat mengembangkan program pendampingan akademik dan psikologis yang berfokus pada peningkatan kepercayaan diri, kemampuan menghadapi kegagalan, serta strategi koping adaptif sehingga mahasiswa lebih siap menghadapi proses penyusunan skripsi.

Kata Kunci : *Fear Of Failure*, Stres Akademik, Mahasiswa, Skripsi

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

**THE EFFECT OF FEAR OF FAILURE ON ACADEMIC STRESS IN
STUDENT OF THE 2020 & 2021 ACADEMIC YEAR WHO ARE WRITING
THEIR THESIS AT UNIVERSITY OF MUHAMMADIYAH JEMBER**

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ABSTRACT

Thesis preparation is one of the academic requirements that often causes psychological pressure among university students. One of the internal factor presumed to contribute to academic stress is fear of failure, which refers to an individual's fear of failure and its associated negative consequences. This study aimed to examine the effect of fear of failure on academic stress among students from the 2020 & 2021 cohorts who were completing their undergraduate thesis at University Muhammadiyah Jember. This study employed a quantitative approach with casual research design. A total of 148 students were selected using snowball sampling technique. The instruments used were the Performance Failure Appraisal Inventory (PFAI) to measure fear of failure, with a reliability coefficient of 0,960 and the academic stress scale based on Gadzella and Masten's theory, with a reliability coefficient of 0,936. Data were analyzed using simple linear regression analysis. The result indicated a significant positive effect of fear of failure on academic stress ($p = 0,00 < 0,05$, $F = 289,498$). Therefore H_1 was accepted, indicating that fear of failure significantly predicts academic stress. The coefficient of determination ($R^2 = 0.665$) indicated that fear of failure accounted for 66.5% of the variance in academic stress. These findings indicate that higher levels of fear of failure are associated with higher levels of academic stress during the thesis-writing process. The findings of this study imply that fear of failure contributes to difficulties in completing an undergraduate thesis. Therefore, higher education institutions are expected to develop academic and psychological support programs that focus on enhancing students' self-confidence, resilience in dealing with failure, and adaptive coping strategies, thereby enabling students to better manage the challenges encountered during the thesis-writing process.

Keywords : Fear of Failure, Academic Stress, Thesis, Students

1. Researcher
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