

## ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara kepribadian *hardiness* dan motivasi berprestasi dengan stres akademik pada mahasiswa. Hipotesis yang diajukan dalam penelitian ini adalah ada hubungan negatif antara kepribadian *hardiness* dengan stres akademik dan ada hubungan negatif antara motivasi berprestasi dengan stres akademik. Subjek dalam penelitian ini berjumlah 50 mahasiswa. Data dikumpulkan dengan skala stres akademik, skala kepribadian *hardiness*, dan skala motivasi berprestasi. Hasil analisis korelasi *product moment* untuk variabel kepribadian *hardiness* dengan stres akademik menunjukkan  $r_{xy} = -0,621$  ( $p < 0,05$ ), berarti hipotesis bahwa ada hubungan negatif antara kepribadian *hardiness* dengan stres akademik, diterima. Besarnya sumbangan variabel kepribadian *hardiness* terhadap stres akademik sebesar 38,5% dan 61,5 % sisanya berhubungan dengan variabel lain. Hasil analisis korelasi *product moment* untuk variabel motivasi berprestasi dengan stres akademik menunjukkan  $r_{xy} = -0,658$  ( $p < 0,05$ ), berarti hipotesis bahwa ada hubungan negatif antara motivasi berprestasi dengan stres akademik, diterima. Besarnya sumbangan variabel motivasi berprestasi terhadap stres akademik sebesar 43,3% dan 56,7% sisanya berhubungan dengan variabel lain.

**Kata Kunci:** kepribadian *hardiness*, motivasi berprestasi, stres akademik

## ABSTRACT

*This study aims to determine the relationship between hardiness personality and achievement motivation with academic stress . The hypothesis proposed in this study is that there is a negative relationship between hardiness personality and academic stress and there is a negative relationship between achievement motivation and academic stress. Subjects in this study were 50 college students. Data were collected by academic stress scale,hardiness personality scale, achievement motivation scale. The results of the product moment analysis for hardiness personality with academic stress showed  $r_{xy} = -0,621$  ( $p < 0,05$ ), that's mean the hypothesis about the negative relationship between hardiness personality and academic stress was accepted. The contribution of hardiness personality variables to academic stress is 38,5% and it showed that there are still 61,5 % of the rest related to other variables. The results of the product moment correlation analysis for achievement motivation and academic stress showed  $r_{xy} = -0,658$  ( $p < 0,05$ ), that's mean the hypothesis about the negative relationship between achievement motivation with academic stress, was accepted. The contribution of achievement motivation variables to academic stress is 43,3% and it showed that there are still 56,7% of the rest related to other variables.*

**Keywords:** *hardiness personality,achievement motivation, academic stress*