

## ABSTRAK

Penelitian ini bertujuan untuk mengetahui adanya hubungan antara *pet attachment* sebagai strategi koping untuk mengurangi stres akademik mahasiswa di masa pandemi Covid-19. Hipotesis dalam penelitian ini adalah adanya hubungan negatif antara *pet attachment* dengan stres akademik pada mahasiswa di Yogyakarta. Penelitian ini menggunakan metode kuantitatif dengan responden penelitian sebanyak 150 mahasiswa aktif yang sedang melakukan perkuliahan secara daring dan mempunyai hewan peliharaan di masa pandemi Covid-19 dengan menggunakan *non-probability* sampling dengan teknik *purposive sampling*. Adapun skala yang digunakan pada variabel *pet attachment* adalah Lexington Attachment to Pets Scale (LAPS) dan skala stres akademik adalah Educational Stress Scale for Adolescents (ESSA). Teknik analisis data yang digunakan dalam penelitian ini yaitu korelasi product moment. Hasil analisis data penelitian diperoleh koefisien korelasi sebesar  $(r_{xy}) = 0,207$  dengan signifikansi  $p = 0,006$  ( $p < 0,05$ ), berarti ada korelasi positif yang signifikan antara *Pet Attachment* dengan stres akademik. Berdasarkan hasil analisis tersebut menunjukkan bahwa hipotesis dari penelitian ini ditolak.

Kata kunci: Mahasiswa, *Pet attachment*, Stres akademik

### ***Abstract***

*This study aims to determine the relationship between pet attachment as a coping strategy to reduce student academic stress during the Covid-19 pandemic. The hypothesis in this study is that there is a negative relationship between pet attachment and academic stress in students in Yogyakarta. This study used a quantitative method with 150 active student respondents who were conducting online lectures and had pets during the Covid-19 pandemic using non-probability sampling with a purposive sampling technique. The scale used for the pet attachment is the Lexington Attachment to Pets Scale (LAPS) and the academic stress scale is the Educational Stress Scale for Adolescents (ESSA). The data analysis technique used in this study is product moment correlation. The results of research data analysis obtained a correlation coefficient of  $(r_{xy}) = 0.207$  with a significance of  $p = 0.006$  ( $p < 0.05$ ), meaning that there is a significant positive correlation between Pet Attachment and academic stress. Based on the results of this analysis shows that the hypothesis of this study was rejected.*

*Keywords: Academic stress, Pet attachment, Student*