

ABSTRAK

Mahasiswa rentan mengalami stres akademik akibat berbagai tuntutan perkuliahan, dan dukungan sosial teman sebaya diduga menjadi faktor yang dapat menguranginya. Penelitian ini bertujuan mengkaji hubungan antara dukungan sosial teman sebaya dan stres akademik pada mahasiswa, dengan hipotesis bahwa keduanya berhubungan negatif signifikan. Menggunakan pendekatan kuantitatif desain korelasi, penelitian ini melibatkan 202 mahasiswa aktif berusia 18–25 tahun yang dipilih dengan teknik purposive sampling. Data dikumpulkan melalui Skala Dukungan Sosial Teman Sebaya dan Skala Stres Akademik berbasis Likert yang disebarakan secara daring melalui Google Forms, kemudian dianalisis menggunakan korelasi Pearson Product-Moment (SPSS versi 27) setelah uji normalitas dan linearitas terpenuhi. Hasil menunjukkan hubungan negatif signifikan antara dukungan sosial teman sebaya dan stres akademik ($r = -0,311$; $p = 0,001$), dengan sumbangan efektif 9,7%. Hipotesis penelitian diterima, meskipun kekuatan hubungan tergolong rendah.

Kata Kunci: *Dukungan sosial teman sebaya, mahasiswa, stres akademik.*

ABSTRACT

College students are prone to academic stress due to various academic demands, and social support from peers is believed to be a factor that can reduce it. This study aims to examine the relationship between peer social support and academic stress among college students, with the hypothesis that the two are significantly negatively correlated. Using a quantitative correlational design, this study involved 202 active college students aged 18–25 who were selected using purposive sampling. Data were collected using the Peer Social Support Scale and the Academic Stress Scale—both Likert-scale instruments—distributed online via Google Forms, and then analyzed using Pearson’s product-moment correlation (SPSS version 27) after normality and linearity tests were met. The results showed a significant negative relationship between peer social support and academic stress ($r = -0.311$; $p = 0.001$), with an effective contribution of 9.7%. The research hypothesis was accepted, although the strength of the relationship was classified as low.

Keywords: *Academic stress, college students, Social support from peers.*