

**PROGRAM STUDI S1 KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
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**Hubungan Tingkat Stres Dengan Kemampuan Adaptasi Mahasiswa Baru
Prodi S1 Keperawatan Fakultas Keperawatan Institut Kesehatan Payung
Negeri Pekanbaru**

Xiii + 47 Halaman + 8 Tabel + 9 Lampiran

ABSTRAK

Mahasiswa baru sering mengalami tekanan saat memasuki dunia perkuliahan. Perubahan dari sistem pembelajaran sekolah menengah yang terstruktur ke pembelajaran di perguruan tinggi yang lebih mandiri membuat mahasiswa dituntut untuk mampu menyesuaikan diri dengan berbagai hal baru. Banyak mahasiswa yang merasa kewalahan menghadapi situasi ini, sehingga mengalami stres yang berpotensi berdampak negatif terhadap kondisi psikologis, prestasi akademik, serta kemampuan mereka untuk beradaptasi dengan lingkungan kampus. Kondisi ini membuat mahasiswa baru yang tidak mampu mengelola stres dengan baik berisiko mengalami kesulitan dalam menjalani proses pendidikan tinggi. Penelitian ini bertujuan untuk menganalisis hubungan antara tingkat stres dengan kemampuan adaptasi mahasiswa baru Prodi S1 Keperawatan Fakultas Keperawatan Institut Kesehatan Payung Negeri Pekanbaru. Penelitian ini menggunakan metode kuantitatif dengan desain korelasional dan pendekatan cross-sectional. Sampel penelitian berjumlah 159 mahasiswa baru yang dipilih menggunakan teknik stratified random sampling. Pengumpulan data dilakukan dengan kuesioner Perceived Stress Scale (PSS-10) untuk mengukur tingkat stres, dan Student Adaptation to College Questionnaire (SACQ) untuk mengukur kemampuan adaptasi mahasiswa. Hasil penelitian menunjukkan bahwa mayoritas mahasiswa mengalami stres sangat berat 74,8%, sementara 88,1% memiliki kemampuan adaptasi yang tinggi. Hasil uji chi-square menunjukkan adanya hubungan yang signifikan antara tingkat stres dan kemampuan adaptasi mahasiswa baru $p=0,000$. Perguruan tinggi disarankan untuk menyediakan program pendampingan adaptasi yang aplikatif seperti kegiatan *student gathering* di awal perkuliahan, serta menyediakan Biro Konseling Mahasiswa sebagai layanan pendamping bagi mahasiswa dalam mengolah stres dan beradaptasi dengan lingkungan kampus.

Kata Kunci : Stres, kemampuan adaptasi, mahasiswa baru, keperawatan

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***The Relationship Between Stress Levels and Adaptation Ability of New Students
in the Bachelor of Nursing Program, Faculty of Nursing, Institut Kesehatan
Payung Negeri Pekanbaru***

Xiii + 47 Schemes + 8 Tables + 9 Appendixes

ABSTRACT

New students often experience pressure when entering the world of college. The change from a structured secondary school learning system to more independent learning in higher education means that students are required to be able to adapt to various new things. Many students feel overwhelmed by this situation, so they experience stress which has the potential to have a negative impact on their psychological condition, academic performance, and ability to adapt to the campus environment. This condition puts new students who are unable to manage stress well at risk of experiencing difficulties in undergoing the higher education process. This study aims to analyze the relationship between stress levels and the adaptability of new students of the Undergraduate Nursing Study Program, Faculty of Nursing, Pekanbaru State Umbrella Health Institute. This research uses quantitative methods with a correlational design and a cross-sectional approach. The research sample consisted of 159 new students selected using stratified random sampling techniques. Data collection was carried out using the Perceived Stress Scale (PSS-10) questionnaire to measure stress levels, and the Student Adaptation to College Questionnaire (SACQ) to measure students' adaptability. The research results showed that the majority of students experienced very severe stress, 74.8%, while 88.1% had high adaptability. The results of the chi-square test show that there is a significant relationship between stress levels and the adaptability of new students, $p=0.000$. Universities are advised to provide applicable adaptation assistance programs such as student gathering activities at the start of lectures, as well as providing a Student Counseling Bureau as a companion service for students in processing stress and adapting to the campus environment.

Keywords : Stress, adaptation ability, new students, nursing

References : 24 (2020-2024)