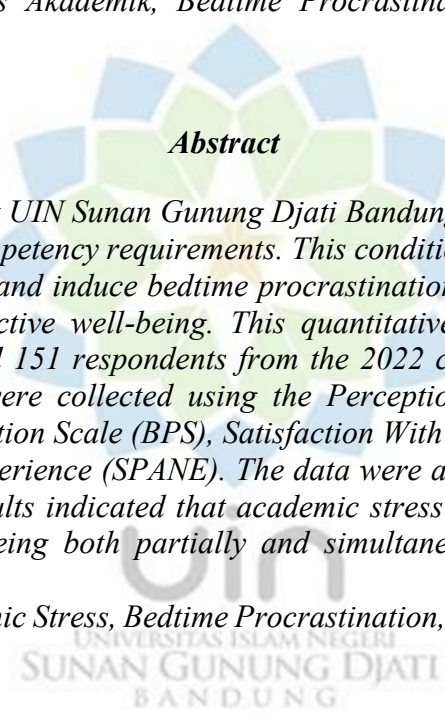


Abstrak

Mahasiswa tingkat akhir di UIN Sunan Gunung Djati Bandung dihadapkan pada beban ganda tugas akhir dan prasyarat kompetensi keagamaan. Kondisi ini berpotensi memicu persepsi stres akademik serta memicu perilaku *bedtime procrastination* yang berdampak pada penurunan *subjective well-being*. Penelitian kuantitatif korelasional prediktif ini melibatkan 151 responden angkatan 2022 yang dipilih melalui teknik *quota sampling*. Instrumen pengumpulan data meliputi *Perception of Academic Stress Scale* (PASS), *Bedtime Procrastination Scale* (BPS), *Satisfaction With Life Scale* (SWLS), dan *Scale of Positive and Negative Experience* (SPANE). Data dianalisis dengan analisis regresi linear berganda. Hasil analisis menunjukkan bahwa stres akademik dan *bedtime procrastination* berpengaruh secara parsial maupun simultan terhadap *subjective well-being*, sehingga seluruh hipotesis penelitian diterima.

Kata Kunci: *Persepsi Stres Akademik, Bedtime Procrastination, Subjective Well-being, Mahasiswa Tingkat Akhir.*



Abstract

Final-year students at UIN Sunan Gunung Djati Bandung face a dual burden of thesis completion and religious competency requirements. This condition has the potential to trigger academic stress perceptions and induce bedtime procrastination behaviors, which ultimately impact the decline of subjective well-being. This quantitative correlational study with a predictive approach involved 151 respondents from the 2022 cohort selected using a quota sampling technique. Data were collected using the Perception of Academic Stress Scale (PASS), Bedtime Procrastination Scale (BPS), Satisfaction With Life Scale (SWLS), and Scale of Positive and Negative Experience (SPANE). The data were analyzed using multiple linear regression analysis. The results indicated that academic stress and bedtime procrastination influenced subjective well-being both partially and simultaneously, thereby accepting all research hypotheses.

Keywords: *Perceived Academic Stress, Bedtime Procrastination, Subjective Well-being, Final-Year Students.*