Abstrak

Perkembangan teknologi yang begitu cepat sudah mengubah kehidupan sehari-hari, perubahan ini berdampak keadaan psikologis manusia yang diantaranya adalah *perceived stress* dan *contentment*. Maka dilakukan penelitian ini untuk mencari apakah terdapat hubungan antara *perceived stress* dan *contentment* pada mahasiswa. Digunakan metode penelitian kuantitatif korelasional kepada 285 mahasiswa dengan menggunakan alat ukur *Perceived Stress Scale-10* dan *State Contentment Measure*. Data dianalisis menggunakan uji Rank Spearman untuk mengetahui hubungan kedua variabel. Hasil analisis data menunjukan adanya korelasi negatif yang sangat lemah antara *perceived stress* dengan *contentment* (r = -0,084) yang menunjukan tingkat *perceived stress* yang tinggi berhubungan dengan *contentment* yang rendah, meskipun hubungannya sangat minim. Hasil penelitian ini mengindikasikan bahwa sekalipun *perceived stress* dan *contentment* berhubungan secara terbalik, faktor-faktor lain bisa jadi lebih berkontribusi dalam menentukan baik tingkat stress maupun rasa kebercukupan mahasiswa.

Kata Kunci : *perceived stress, stress, contentment, kepuasan, mahasiswa.*

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Abstract

Rapid technological developments have transformed daily life, impacting human psychological states, including perceived stress and contentment. Therefore, this study was conducted to determine the relationship between perceived stress and contentment in college students. A quantitative correlational research method was used to 285 students using Perceived Stress Scale-10 and State Contentment Measure. Data were analyzed using the Spearman Rank test to determine the relationship between the two variables. The data analysis revealed a very weak negative correlation between perceived stress and contentment ($r = -0.084$), indicating that high levels of perceived stress are associated with low contentment, although the relationship is minimal. These results indicate that although perceived stress and contentment are inversely related, other factors may contribute more significantly to determining both stress levels and students' sense of contentment.

Keywords : *perceived stress, stress, contentment, satisfaction, student.*

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