Abstrak

Penyusunan skripsi merupakan tahapan kritis bagi mahasiswa tingkat akhir yang rentan menimbulkan stres akademik dan mengganggu pengendalian emosi. Penelitian kuantitatif ini bertujuan mengetahui pengaruh stres dan *self-healing* dalam pengendalian emosi secara parsial maupun simultan. Menggunakan rumus Slovin, diperoleh sampel 140 mahasiswa Psikologi UIN Sunan Gunung Djati Bandung dari populasi 216 orang. Data dikumpulkan melalui kuesioner PSS, ERQ, serta skala *self-healing*, lalu dianalisis menggunakan regresi linear berganda. Hasil penelitian menunjukkan bahwa stres berpengaruh signifikan (t = 6,604; p = 0,032) dan *self-healing* berpengaruh positif signifikan (t = 12,895; p = 0,000) dalam pengendalian emosi. Secara simultan, kedua variabel berpengaruh signifikan (F = 88,770; p = 0,000) dengan persamaan regresi Y = 14,398 + 0,330X1 + 0,564X2. Penelitian menyimpulkan bahwa kemampuan *self-healing* sangat penting sebagai strategi adaptif bagi mahasiswa tingkat akhir dalam menjaga kestabilan emosi.

Kata Kunci: stres, *self-healing*, pengendalian emosi, mahasiswa tingkat akhir, skripsi.

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Abstract

Thesis writing is a critical stage for final-year students that is prone to inducing academic stress and disrupting emotion regulation. This quantitative study aims to determine the partial and simultaneous effects of stress and self-healing on emotion regulation. Using the Slovin formula, a sample of 140 Psychology students at UIN Sunan Gunung Djati Bandung was selected from a population of 216. Data were collected via the PSS, ERQ, and a self-healing scale, then analyzed using multiple linear regression. The results showed that stress significantly affected ($t = 6.604$; $p = 0.032$) and self-healing significantly and positively affected ($t = 12.895$; $p = 0.000$) emotion regulation. Simultaneously, both variables had a significant effect ($F = 88.770$; $p = 0.000$) with the regression equation $Y = 14.398 + 0.330X1 + 0.564X2$. The study concludes that self-healing ability is crucial as an adaptive strategy for final-year students to maintain emotional stability.

Keywords: stress, self-healing, emotion regulation, final-year students, thesis..

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