

Abstrak

Dengan modernisasi saat ini, dengan tuntutan sebesar itu menjadikan sebuah *stressor* tersendiri bagi mahasiswa Jurusan Teknik Informatika. Penelitian menggunakan desain kausalitas dengan sampel 119 mahasiswa Jurusan Teknik Informatika Universitas Islam Negeri Sunan Gunung Djati Bandung. Instrumen yang digunakan untuk variabel *self regulated learning* adalah *Assesing Academic Self Regulated Learning*, untuk variabel *psychological capital* adalah *Psychological Capital Questionnaire–12 (PCQ–12) in academic contexts* dan untuk stres akademik menggunakan *Student-Life Stress Inventory*. Analisis data dilakukan menggunakan Uji Regresi Berganda dan Uji Koefisien Determinasi dengan *IBM Statistics 25*. Hasil penelitian menunjukkan adanya pengaruh signifikan dari *self regulated learning* dan *psychological capital* terhadap stres akademik Mahasiswa Teknik Informatika.

Kata Kunci : *Self Regulated Learning, Psychological Capital, Stres Akademik.*

Abstract

With the current modernization,. Such demands create specific stressors for students in the Computer Engineering program. This study employs a causal design with a sample of 119 cohort of the Computer Engineering program at Universitas Islam Negeri Sunan Gunung Djati Bandung. The instruments used for the self-regulated learning variable are the Assessing Academic Self-Regulated Learning tool, for the psychological capital variable is the Psychological Capital Questionnaire–12 (PCQ–12) in academic contexts, and for academic stress is the Student-Life Stress Inventory. Data analysis was conducted using Multiple Regression Analysis and the Coefficient of Determination test with IBM Statistics 25. The results indicate a significant effect of self-regulated learning and psychological capital on academic stress among Computer Engineering students.

Keyword: Self Regulated Learning, Psychological Capital, Academic Stress