

ABSTRAK

Irmayanti Septhalia Lestari. 180541100070. Hubungan Antara Intensitas Mendengarkan Musik *Ballad* dengan Stres Akademik pada Mahasiswa Universitas Trunojoyo Madura yang Sedang Mengerjakan Skripsi. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura. 2022.

Penelitian ini bertujuan untuk mengetahui hubungan antara intensitas mendengarkan musik *ballad* dengan stres akademik pada mahasiswa Universitas Trunojoyo Madura yang sedang mengerjakan skripsi. Penelitian ini penting dilakukan karena tingginya jumlah mahasiswa yang mengalami stres akademik sebagai akibat proses mengerjakan skripsi di Universitas Trunojoyo Madura. Responden pada penelitian ini adalah 98 orang mahasiswa Universitas Trunojoyo Madura angkatan 2015-2018 yang sedang mengerjakan skripsi dan pendengar musik *ballad*. Metode penelitian yang digunakan adalah metode penelitian Kuantitatif Korelasional. Instrumen yang digunakan adalah skala intensitas mendengarkan musik *ballad* sebanyak 25 aitem dengan reliabilitas 0,907 dan adaptasi skala stres akademik yang disusun Gadzella (1991) yaitu *Student-life Stress Inventory* (SSI) yang terdiri 2 dimensi yaitu sumber stres akademik sebanyak 19 aitem dengan reliabilitas 0,897 dan respon terhadap sumber stres akademik sebanyak 21 aitem dengan reliabilitas 0,903. Analisis data yang digunakan dalam penelitian ini adalah uji statistik korelasi *Product Moment Pearson* dengan bantuan SPSS 24 for Windows. Hasilnya menunjukkan nilai signifikansi (2-tailed) sebesar 0,000. Nilai tersebut lebih kecil daripada 0,05 ($0,000 < 0,05$) sehingga artinya antara variabel X dan Y terdapat hubungan yang signifikan. Angka koefisien korelasi Pearson sebesar -0,400**. Artinya hubungan antara variabel intensitas mendengarkan musik *ballad* dengan stres berkorelasi cukup kuat. Selain itu tanda negatif (-) didepan angka koefisien korelasi menunjukkan bahwa terdapat hubungan negatif diantara kedua variabel dimana artinya hubungan yang terjadi adalah berbanding terbalik. Apabila variabel X tinggi, maka variabel Y rendah dan sebaliknya. Sehingga hipotesis yang diajukan dalam penelitian ini diterima yaitu terdapat hubungan antara intensitas mendengarkan musik *ballad* dengan stres akademik pada mahasiswa Universitas Trunojoyo Madura yang sedang mengerjakan skripsi.

Kata kunci : Intensitas Mendengarkan Musik *Ballad*, Stres Akademik, Mahasiswa, Skripsi

ABSTRACT

Irmayanti Septhalia Lestari. 180541100070. The Relationship Between the Intensity of Listening to Ballad Music and Academic Stress in Trunojoyo Madura University Students Who Are Working on a Thesis. Psychology Study Program, Faculty of Social and Cultural Sciences, Trunojoyo Madura University. 2022.

This study aims to determine the relationship between the intensity of listening to ballad music and academic stress in Trunojoyo Madura University students who are working on a thesis. This research is important to do because of the high number of students who experience academic stress as a result of the process of working on a thesis at Trunojoyo Madura University. The respondents in this study were 98 trunojoyo Madura University students class of 2015-2018 who were working on a thesis and listeners of ballad music. The research method used is the Correlational Quantitative research method. The instruments used were the intensity scale of listening to ballad music as much as 25 aitems with a reliability of 0.907 and the adaptation of the academic stress scale compiled by Gadzella (1991) namely the Student-life Stress Inventory (SSI) which consisted of 2 dimensions, namely the source of academic stress as many as 19 aitems with a reliability of 0.897 and the response to academic stress sources as many as 21 aitems with a reliability of 0.903. The data analysis used in this study was a statistical test of Pearson's Product Moment correlation with the help of SPSS 24 for Windows. The results showed a significance (2-tailed) value of 0.000. The value is smaller than 0.05 ($0.000 < 0.05$) so it means that between the variables X and Y there is a significant relationship. Pearson's correlation coefficient figure is -0.400^{**} . This means that the relationship between the intensity variables of listening to ballad music and stress correlates quite strongly. In addition, the negative sign (-) in front of the correlation coefficient number shows that there is a negative relationship between the two variables which means that the relationship that occurs is inversely proportional. If variable X is high, then variable Y is low and vice versa. So that the hypothesis proposed in this study is accepted, namely that there is a relationship between the intensity of listening to ballad music and academic stress in Trunojoyo Madura University students who are working on a thesis.

Keywords : *Intensity of Listening to Ballad Music, Academic Stress, Students, Thesis*

