

ABSTRAK

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Pengaruh *Smartphone Addiction* terhadap Stres Akademik Mahasiswa
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Penelitian ini bertujuan untuk mengetahui pengaruh *smartphone addiction* terhadap stres akademik mahasiswa. Subjek penelitian ini terdiri dari 137 responden mahasiswa Universitas Negeri Jakarta.

Metode penelitian merupakan metode kuantitatif dengan instrument berupa kuesioner. Alat ukur stres akademik menggunakan instrumen *Academic Stress Inventory* oleh Lin dan Chen (2009) dengan tujuh aspek yaitu *Teacher stress*, *Results stress*, *Test Stress*, *Studying in Groups Stress*, *Peer Stress*, *Time Management Stress* dan *Self-inflicted Stress*. Pengukuran *smartphone addiction* menggunakan instrumen *Smartphone addiction Scale Short-Version* oleh Kwon, dkk (2013) dengan enam aspek yaitu *Daily-life Disturbance*, *Positif Anticipation*, *Withdrawal*, *Cyberspace-oriented Relationship*, *Overuse*, dan *Tolerance*.

Uji analisis statistik yang digunakan untuk menguji hipotesis penelitian ini menggunakan *Analisis Regression*. Hasil penelitian menunjukkan nilai F hitung = 8.503 lebih besar dari F tabel = 3.91 dan nilai p = 0.004 lebih kecil dari 0,05 yang berarti terdapat pengaruh *smartphone addiction* terhadap stres akademik mahasiswa Universitas Negeri Jakarta.

Kata kunci: *Smartphone addiction*, Stres Akademik.

ABSTRACT

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***The Influence of Smartphone Addiction on The Academic Stress of Jakarta State
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This study aims to determine the effect of smartphone addiction on student academic stress. The subjects of this study consisted of 137 respondents from Jakarta State University.

The research method is a quantitative method with an instrument in the form of a questionnaire. Academic stress measurement tools use the Academic Stress Inventory instrument by Lin and Chen (2009) with seven aspects namely Teacher stress, Results stress, Stress Test, Studying in Stress Groups, Peer Stress, Time Management Stress and Self-inflicted Stress. Measurement of *smartphone addiction* uses the *Smartphone addiction* Scale Short-Version instrument by Kwon, et al (2013) with six aspects namely Daily-life Disturbance, Positive Anticipation, Withdrawal, Cyberspace-oriented Relationship, Overuse, and Tolerance.

The statistical analysis test used to test the hypothesis of this study uses Regression Analysis. The results showed that the calculated F value = 8.503 was greater than the F table = 3.91 and the value of $p = 0.004$ was less than 0.05, which means that there was an effect of *smartphone addiction* on the academic stress of Jakarta State University students.

Keyword: Smartphone addiction, Academic Stress.