



The Relationship Between Self Management and Academic Stress of Bachelor Students Faculty of Psychology

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ABSTRACT

Objective: This research aims to determine the correlation between self-management and academic stress among undergraduate students of the Faculty of Psychology at Satya Wacana Christian University. **Method:** The method used in this research is a quantitative method with a correlational design. The population in this study consists of 1238 active undergraduate students of the Faculty of Psychology at Satya Wacana Christian University. Meanwhile, 147 active undergraduate students of the Faculty of Psychology at Satya Wacana Christian University were used as research participants. The sampling technique employed is simple random sampling. **Result:** The research findings indicate a relationship between self-management and academic stress among undergraduate students of the Faculty of Psychology at SWCU. This suggests that high self-management among students is associated with low academic stress experienced by students of the Faculty of Psychology at SWCU. Conversely, low self-management among students is also associated with high academic stress experienced by students of the Faculty of Psychology at SWCU. **Novelty:** This research was selected because of its high relevance for psychology scholars. Understanding and maintaining mental health is crucial for them so that in the future, they can effectively assist others and optimize the psychological knowledge acquired during their studies.

INTRODUCTION

Law Number 12 of 2012 on Higher Education, Article 13, paragraph 1, states that students, as part of the Academic Community, are positioned as mature individuals expected to have self-awareness in developing their potential at the University to become intellectuals, scientists, practitioners, or professionals. One of Satya Wacana Christian University's (SWCU) visions is to shape a magisterium et scholarium university to create a creative minority for the development and renewal of Indonesian society and the nation. This is realized through various strategic activities for students to develop their talents and interests. The high motivation of SWCU students in organizing is reflected in the involvement of students in 14 faculties in student organizations. Moreover, there is a demand for fulfilling points in student activities, extracurricular activities, seminars, and training, which must be met by students as graduation requirements. The activity programs provided at SWCU become targets for students to enhance productivity during their academic years.

Apart from lectures, other activities pose challenges for students, such as additional burdens and demands besides academic tasks. Students must manage their time between lectures and extracurricular activities or organizations. Lack of self-management skills can negatively impact the learning process and cause stress. Stress can affect students' academic performance, with higher stress levels associated with lower academic achievements. Stress in students can also lead to fatigue, headaches,

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