

ABSTRAK

Mutiara Br Ompusunggu. NIM: 7193141008. Pengaruh Stres Akademik dan Kontrol Diri terhadap Perilaku *Cyberloafing* pada Mahasiswa Angkatan 2020 Universitas Negeri Medan.

Penelitian ini bertujuan untuk mengetahui pengaruh Stres Akademik dan Kontrol Diri terhadap Perilaku *Cyberloafing* pada Mahasiswa Program Studi Pendidikan Ekonomi Angkatan 2020 Universitas Negeri Medan.

Penelitian ini menggunakan metode kuantitatif dengan pendekatan *ex post facto*. Populasi dalam penelitian ini adalah mahasiswa Program Studi Pendidikan Ekonomi Universitas Negeri Medan sekaligus menjadi sampel yang digunakan. Adapun sampel yang digunakan sebanyak 85 orang, melalui pengisian kuesioner angket. Data yang terkumpul dilakukan analisis melalui analisis regresi berganda, serta uji hipotesis melalui penggunaan uji-t dan uji – F serta koefisien determinasi yang dihitung untuk melihat tingkat yang mempengaruhi dari variabel perilaku *cyberloafing* yang dijelaskan oleh variabel – variabel yang diteliti penulis.

Berdasarkan hasil penelitian diperoleh persamaan regresi linear berganda $Y = 24,650 + 0,012X_1 + 0,585X_2$. Berdasarkan uji hipotesis secara parsial diperoleh hasil Stres Akademik (X_1) tidak berpengaruh positif dan signifikan terhadap perilaku *cyberloafing* mahasiswa dengan nilai $t_{hitung} < t_{tabel}$, dan secara parsial terdapat pengaruh positif dan signifikan Kontrol diri (X_2) terhadap Perilaku *Cyberloafing* dengan $t_{hitung} > t_{tabel}$. Secara simultan terdapat pengaruh positif dan signifikan Stres Akademik (X_1) dan Kontrol Diri (X_2) terhadap Perilaku *Cyberloafing* yang ditunjukkan dengan nilai $F_{hitung} > F_{tabel}$. Berdasarkan uji koefisien determinasi diperoleh nilai R^2 sebesar 0,188 artinya persentase dari Stres Akademik dan Kontrol Diri terhadap Perilaku *Cyberloafing* Mahasiswa sebesar 18,8% dan sisanya sebesar 81,2% dipengaruhi oleh faktor lain yang tidak diteliti dalam penelitian ini.

Kata Kunci : Stres Akademik, Kontrol Diri, Perilaku *Cyberloafing*

ABSTRACT

Mutiara Br. Ompusunggu NIM. 7193141008. The influence of Academic Stress and Self-Control on Cyberloafing Behavior in Class of 2020 Students of Medan State University.

This research aims to determine the influence of Academic Stress and Self-Control on Cyberloafing Behavior in Students of the 2020 Economic Education at Medan State University.

This research uses quantitative methods with an ex post facto approach. The population in this study were students from the Economic Education Study Program at Medan State University and were also the sample used was 85 people, through filling out a questionnaire. The collected data was analyzed through multiple regression analysis, as well as hypothesis testing using the t-test and F-test as well as the coefficient of determination which was calculated to see the level of influence of the cyberloafing behavior variable explained by the variables studied by the author.

Based on the research results, the multiple linear regression equation $Y = 24,650 + 0,012X_1 + 0,585X_2$ is obtained. Based on partial hypothesis testing, the results obtained were that Academic Stress (X_1) had no positive and significant effect on students cyberloafing behavior with a value of $t_{count} < t_{table}$, partially there was a positive and significant influence of Self-Control (X_2) on Cyberloafing behavior with $t_{count} > t_{table}$. Simultaneously there is a positive and significant influence of Academic Stress (X_1) and Self-Control (X_2) on Cyberloafing Behavior as indicated by the $F_{count} > F_{table}$ value. Based on the coefficient of determination test, an R^2 value of 0.188 was obtained, meaning that the percentage of Academic Stress and Self-Control on Student Cyberloafing Behavior was 18.8% and the remaining 81.2% was influenced by other factors not examined in this research.

Keywords: Academic Stress, Self Control, Cyberloafing Behavior