

**STRATEGI RESILIENSI MAHASISWA TINGKAT AKHIR DALAM
MENGHADAPI TEKANAN AKADEMIK DI PROGRAM STUDI
PSIKOLOGI KRISTEN IAKN MANADO**

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ABSTRAK

Penelitian ini bertujuan untuk mendeskripsikan strategi resiliensi mahasiswa tingkat akhir dalam menghadapi tekanan akademik pada Program Studi Psikologi Kristen Institut Agama Kristen Negeri (IAKN) Manado. Penelitian ini menggunakan pendekatan kualitatif deskriptif. Data dikumpulkan melalui wawancara dan dokumentasi terhadap tiga informan yang memenuhi kriteria memiliki pengalaman menghadapi tekanan akademik selama proses penyusunan skripsi. Data yang diperoleh dianalisis melalui tahapan reduksi data, penyajian data, dan penarikan kesimpulan. Hasil penelitian menunjukkan bahwa mahasiswa tingkat akhir mengembangkan berbagai strategi resiliensi, seperti menjaga motivasi, mengatur waktu secara efektif, mencari dukungan sosial dan spiritual, serta beradaptasi secara positif terhadap tantangan akademik. Berdasarkan temuan tersebut, disarankan agar mahasiswa memperkuat faktor resiliensi internal seperti disiplin diri dan motivasi, sedangkan pihak lembaga pendidikan diharapkan dapat memberikan bimbingan akademik dan dukungan emosional yang memadai untuk membantu mahasiswa mengelola tekanan akademik secara lebih efektif.

Kata Kunci : Resiliensi, Mahasiswa Tingkat Akhir, Tekanan Akademik

**RESILIENCE STRATEGIES OF FINAL-YEAR STUDENTS IN DEALING
WITH ACADEMIC PRESSURE IN THE CHRISTIAN PSYCHOLOGY
STUDY PROGRAM AT THE STATE INSTITUTE FOR CHRISTIAN
STUDIES OF MANADO (IAKN MANADO)**

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ABSTRACT

This study aims to describe the resilience strategies of final-year students in dealing with academic pressure at the Christian Psychology Study Program, State Institute for Christian Studies of Manado (IAKN Manado). This research employed a qualitative descriptive approach. Data were collected through interviews and documentation with three informants who met the criteria for having experienced academic pressure during the thesis completion process. The data obtained were analyzed using the stages of data reduction, data presentation, and conclusion drawing. The findings show that final-year students develop various resilience strategies such as maintaining motivation, managing time effectively, seeking social and spiritual support, and adapting positively to academic challenges. Based on these findings, it is recommended that students strengthen internal resilience factors such as self-discipline and motivation, while educational institutions provide adequate academic guidance and emotional support to help students manage academic stress more effectively.

Keywords : Resilience, Final-Year Students, Academic Pressure