

## **ABSTRAK**

### **Hubungan Antara Dukungan Orang Tua Dan Resiliensi Akademik Pada Mahasiswa Serta Tinjauannya Menurut Islam**

Banyaknya tuntutan akademik yang dihadapi mahasiswa berpotensi membuat mahasiswa mengalami stress, kecemasan hingga depresi. Untuk dapat menghadapi setiap tantangan akademik, mahasiswa memerlukan kapasitas. Dalam perspektif psikologi, kapasitas untuk dapat mengatasi kesulitan akademik dikenal dengan resiliensi akademik. Menurut literatur, keluarga adalah salah satu faktor utama yang dapat membentuk resiliensi akademik, salah satunya melalui dukungan yang diberikan oleh orang tua dalam pendidikan anak mereka. Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan orang tua dan resiliensi akademik pada mahasiswa. Partisipan dalam penelitian ini berjumlah 178 mahasiswa aktif yang berusia 18-25 tahun, memiliki ayah/ ibu/ keduanya, teknik pengambilan data menggunakan teknik *accidental sampling*. Instrumen penelitian yang digunakan adalah *Academic Resilience Scale* versi Indonesia (ARS-Indonesia) ( $\alpha=0.864$ ) untuk mengukur resiliensi akademik yang terdiri dari tiga dimensi, yaitu ketekunan (*perseverance*), refleksi & mencari bantuan (*reflecting and adaptive help-seeking*) dan afek negatif & respon emosional (*negative affect and emotional response*) serta *Career-Related Parent Support Scale* (CRPSS) ( $\alpha=0.948$ ) untuk mengukur dukungan orang tua yang terdiri dari empat dimensi, yaitu *instrumental assistance*, *career-related modeling*, *verbal encouragement* dan *emotional support*. Hasil analisis korelasi menunjukkan bahwa seluruh dimensi dukungan orang tua berhubungan secara positif dan signifikan dengan resiliensi akademik. Artinya, semakin tinggi dukungan orang tua, semakin tinggi pula resiliensi akademik mahasiswa. Menurut pandangan Islam, terdapat hubungan antara dukungan orang tua dan resiliensi akademik pada mahasiswa. Hal ini dikarenakan kehadiran dukungan orang tua sangat penting dalam membuat mahasiswa tetap bertahan di tengah kesulitan akademik yang dihadapinya dengan cara memberikan contoh teladan, bimbingan, nasehat dan pendidikan Islam kepada anak-anaknya.

**Kata kunci:** resiliensi akademik, mahasiswa, dukungan orang tua

## **ABSTRACT**

### ***The Relationship Between Parental Support and Academic Resilience of Students and Its Review according to Islam***

*Students face many academic demands that lead them to experience stress, anxiety, and even depression. To be able to overcome every academic challenge, students need capacity. From a psychological perspective, the capacity to overcome academic difficulties is known as academic resilience. According to literature, family is one of the main factors that can build academic resilience; one of them is through parents' support in their education. This study aims to determine the relationship between parental support and academic resilience in students. Participants in this study amounted to 178 active students aged 18-25 years, have a father/mother / both, the data collection technique used accidental sampling technique. The research instrument used was the Indonesian version of the Academic Resilience Scale (ARS-Indonesia) ( $\alpha = 0.864$ ) to measure academic resilience which consists of three dimensions, namely perseverance, reflecting and adaptive help-seeking and negative affect and emotional response and Career-Related Parent Support Scale (CRPSS) ( $\alpha = 0.948$ ) to measure parental support which consists of four dimensions, namely instrumental assistance, career-related modeling, verbal encouragement and emotional support. The correlation analysis result showed that all parental support dimensions were positively and significantly related to academic resilience. It indicates that the higher the parental support, the higher the student's academic resilience. According to the Islamic view, there is a relationship between parental support and academic resilience to students. The presence of parental support is significant in making students survive amid the academic difficulties they face by providing model, guidance, advice and Islamic education to their children.*

**Keywords:** academic resilience, college students, parental support