

Hubungan antara Stres Akademik dan *College Student Subjective Well-Being* pada Mahasiswa Tunanetra di Indonesia serta Tinjauannya dalam Islam

Berdasarkan data Kementerian Sosial tahun 2010, jumlah penyandang disabilitas di Indonesia sudah mencapai 11.580.117 jiwa, dan tunanetra menempati urutan teratas yakni sebesar 3.474.035 jiwa. Hingga tahun 2017, Persatuan Tunanetra Indonesia (PERTUNI) mencatat bahwa sudah 251 orang tunanetra yang sedang menempuh pendidikan tinggi di seluruh Indonesia. Salah satu faktor yang memainkan peranan signifikan terhadap kesejahteraan subjektif mahasiswa (*college student subjective well-being*) adalah tingkat stres akademik pada mahasiswa (Renshaw, 2016). Dalam proses perkuliahan, masih ditemukan berbagai kendala, mulai dari terbatasnya literatur yang aksesibel bagi tunanetra, sistem perkuliahan yang belum sepenuhnya dapat memfasilitasi kebutuhan tunanetra, hingga belum sepenuhnya tenaga pengajar maupun lingkungan kampus yang belum dapat menerima kehadiran mahasiswa tunanetra. Penelitian ini bertujuan untuk melihat sejauh mana hubungan tingkat stres akademik yang dialami mahasiswa tunanetra dengan *subjective well being* mereka. Stres akademik diukur dengan menggunakan *Student-Life Stres Inventory* yang disusun oleh Gadzella (2001). Sementara itu, *college student subjective well-being* diukur dengan menggunakan *College Student Subjective Well-Being Questionnaire*. Teknik *sampling* yang digunakan adalah *purposive sampling*, dengan jumlah partisipan penelitian sebanyak 39 orang mahasiswa tunanetra di Indonesia. Berdasarkan hasil analisis data, diketahui bahwa terdapat korelasi negatif yang signifikan antara stres akademik dengan *College Student Subjective Well-Being* pada mahasiswa tunanetra. Hal ini menunjukkan bahwa semakin tinggi tingkat stres akademik mahasiswa tunanetra, maka semakin rendah tingkat *subjective well being* mereka, demikian pula sebaliknya. Berdasarkan sudut pandang Islam dalam surat Al-Baqarah ayat 155 stres akademik adalah salah satu bentuk cobaan yang diberikan oleh Allah SWT sebagai bentuk cinta-Nya kepada mahasiswa agar dapat menjadi lebih baik, sehingga dalam hal ini mahasiswa harus memiliki pemikiran yang positif terhadap tuntutan akademik untuk menjadi lebih baik, hal ini juga akan meningkatkan *college student subjective well-being* (kesejahteraan pada mahasiswa). Adapun kelemahan penelitian ini, yaitu dimana partisipan penelitian ini sangat sedikit dan tidak semua partisipan penelitian mau ikut terlibat di dalam penelitian ini.

Kata kunci: Stres akademik, *College student subjective well-being*, Mahasiswa tunanetra

Corelation between Academic Stress and College Student Subjective Well Being in Blind Students in Indonesia and it's review in Islam

Based on data from the Ministry of Social Affairs in 2010, the number of people with disabilities in Indonesia has reached 11,580,117 people, and the blind reach the highest order of 3,474,035 people. Until 2017, the Indonesian Blind Association (PERTUNI) registered 251 blind people who were pursuing higher education throughout Indonesia. One factor that plays a significant role in the subjective well-being of students (subjective well-being of students) is the level of academic stress on students (Renshaw, 2016). In the lecture process, various limitations were found, ranging from the limited literature that can be accessed for the visually impaired, the lecture system that has not been able to facilitate the needs of the visually impaired, to not having good teaching staff on campus who cannot yet accept blind students. This study aims to see the extent of the relationship between the level of academic stress experienced by students with visual impairments with their subjective. Academic stress prepared using Student-Stress Stress compiled by Gadzella (2001). Meanwhile, the subjective well-being of students is considered using the Student Subjective Welfare Questionnaire. The sampling technique used was purposive sampling, with the number of research participants as many as 39 blind students in Indonesia. Based on the results of data analysis, it is known that there is a significant negative correlation between academic stress and Student Subjective Wellbeing for blind students. This shows that the higher the level of academic stress of blind students, the lower their subjective level, and vice versa. Based on the Islamic point of view in Surah Al-Baqarah verse 155 academic stress is one form of trials given by Allah SWT as a form of His love for students to be better, so in this case students need to improve positively towards academics to become more well, this will also improve the subjective well-being of students. As for the weaknesses of this study, which is where the research participants are very few and not all research participants want to be involved in this research.

Keywords: Academic stress, College student subjective well being, Students with visual impairment