ABSTRACT

Devit Prawingga. 2018. "Effectiveness of Information Services with Problem Based Learning Models to Reduce Academic Stress of Students Collage of The Faculty of Education, Universitas Negeri Padang". Thesis. Post Graduate Study Program Guidance and Counseling, Faculty of Education, Universitas Negeri Padang.

Stress is a threat that can interfere with students in undergoing lectures. Academic activities are the main cause of students experiencing stress. Stress caused by academic activities is called academic stress. One of the guidance and counseling services that can be provided to help reduce academic stress is information services. Information services are provided using a problem based learning model. This study aims to examine the effectiveness of information services with a problem based learning model to reduce student academic stress.

This study uses quantitative methods. This type of research is a Quasi Experiment with the design of Non Equivalent Control Group Design. The number of samples used was 20 students in the experimental group and 20 students in the control group. The research instrument uses an academic stress scale that has met the requirements of the validity and reliability of the research instrument. Data were analyzed using the Wilcoxon Signed Ranks Test and Kolmogorov Smirnov 2 Independent Samples techniques with the help of SPSS.

The findings of this study are (1) there were significant differences in the academic stress conditions of the experimental group students, before (pretest) and after (posttest) following information services with problem based learning model, (2) there were differences in academic stress conditions of the control group students before (pretest) and after (posttest) participated in information services with the lecture method, (3) there were significant differences in academic stress conditions of students who were given information services with a problem based learning model with students who were given information services by the lecture method. Based on the findings above, it can be concluded that information services with problem based learning model is effective to reduce student collage academic stress.

Keywords: Information Services, Academic Stress, Problem Based Learning

ABSTRAK

Devit Prawingga. 2018. "Efektivitas Layanan Informasi dengan Model *Problem Based Learning* untuk Menurunkan Stres Akademik Mahasiswa S1 Fakultas Ilmu Pendidikan Universitas Negeri Padang". Tesis. Program Studi S2 Bimbingan dan Konseling Fakultas Ilmu Pendidikan Universitas Negeri Padang.

Stres merupakan ancaman yang dapat mengganggu mahasiswa dalam menjalani perkuliahan. Kegiatan akademik menjadi penyebab utama mahasiswa mengalami stres. Stres yang disebabkan oleh kegiatan akademik disebut stres akademik. Salah satu layanan bimbingan dan konseling yang dapat diberikan untuk membantu menurunkan stres akademik adalah layanan informasi. Layanan informasi diberikan menggunakan model *problem based learning*. Penelitian ini bertujuan untuk menguji efektivitas layanan informasi dengan model *problem based learning* untuk menurunkan stres akademik mahasiswa.

Penelitian ini menggunakan metode kuantitatif. Jenis penelitian ini adalah *Quasi Experiment* dengan rancangan *Non Equivalent Control Group Design*. Jumlah sampel yang digunakan 20 orang mahasiswa kelompok eksperimen dan 20 orang mahasiswa kelompok kontrol. Instrumen penelitian menggunakan skala stres akademik yang telah memenuhi persyaratan validitas dan reliabilitas instrumen penelitian. Data dianalisis menggunakan teknik uji *Wilcoxon Signed Ranks Test* dan *Kolmogorov Smirnov 2 Independent Sample* dengan bantuan *SPSS*.

Temuan dari penelitian ini adalah (1) terdapat perbedaan yang signifikan kondisi stres akademik mahasiswa kelompok eksperimen, sebelum *(pretest)* dan setelah *(posttest)* mengikuti layanan informasi dengan model *problem based learning,* (2) terdapat perbedaan kondisi stres akademik mahasiswa kelompok kontrol, sebelum *(pretest)* dan sesudah *(posttest)* mengikuti layanan informasi dengan metode ceramah*,* (3) terdapat perbedaan yang signifikan kondisi stres akademik mahasiswa yang diberikan layanan informasi dengan model *problem based learning* dengan mahasiswa yang diberikan layanan informasi dengan metode ceramah*.* Berdasarkan temuan di atas, dapat disimpulkan bahwa layanan informasi dengan model *problem based learning* efektif untuk menurunkan stres akademik mahasiswa.

Kata Kunci: Layanan Informasi, Stres Akademik, *Problem Based Learning*