

ABSTRACT

Essay is the last duty that must be done by the final semester students of university before they get the bachelor degree. But, this last duty often gives pressure for the students of university until caused the academic stress. This research aims to see whether there is or not the tendency of academic stress level and how the tendency of academic stress level on the final semester students of university that working on essay. This research conducted in faculty of psychology and health state Islamic university of Surabaya. This research is a descriptive research. The subject of this research is 43 respondents. The research instrument that used is scale with Chronbach's Alpha by 0,932, to measure the academic stress level on the final semester students of university that working on essay.

The result of this research shows that there is tendency of stress level on the final semester students of university on the tendency of academic stress in high level is 51,7%, average is 32,6%, and low 4,65%. The result can explain by result per dimension. From the cognitive dimension, the respondents often feel negligent for many things ($X=3,7$). From the behavior dimension, evenly from the respondents feel all of their work is messier ($X=3,9$), and from the psychology dimension, evenly respondents feel down when their proposal or essay needs many revisions ($X=3,8$). According by the result of paired sample t-test, result of t is $7,35 > 2$, it means that there's no difference between man and women respondents. Besides, result of Anova shows signification more than 0,05, it means there's no difference of level stress between seven, nine, and more than nine semesters.

Keywords: Students, Essay, Academic stress level