ABSTRACT

ANA PERMATASARI. 2014. *The Relationship Of Self Efficacy With The Stress On Students who are drafting A Thesis At Academic Years 2013/2014, The University Of Esa Unggul. (Be mentored by* Yuli Asmi Rozali, M.Psi., Psi *and* Dra. Safitri, M.Si*).*

Thesis is the final project to be undertaken by students to get a degree S-1. One of the factors that need to be owned by the student in drawing up the thesis was self efficacy that can assist students in dealing with constraints in the thesis and lower stress levels.

This research is a non-experimental quantitative, with statistical techniques corelations. The sample in this study is a student at the University of Esa Unggul who is composing thesis amounted to 80 students academic years 2013/2014 . The technique of sampling in research this is a proportionate random sampling. Measuring instrument which is used in the form of a questionnaire with variable self efficacy (31 items valid) and stress (33 valid item) using the likert scale. Reliability coefficient of the variable self efficacy for 0,914 and reliability coefficient of the variable stress for 0,943.

The results showed the correlation coefficient of -0,568 with sig. 0.000 (p < 0.01), which means that there is a significant negative relationship between self efficacy with stress on students who are drafting at academic yeras 2013/2014, the University of Esa Unggul. Students at University of Esa Unggul who is composing thesis, belonging to the categorisation is moderately, where self efficacy is high and the level of stress on the students of the University of esa Unggul who is composing thesis, belonging to the categorisation is moderately, where stres is low.

Keywords : Thesis, Self Efficacy, Stres.