

## THE ROLE OF LONELINESS TOWARDS ACADEMIC STRESS END-LEVEL STUDENTS AT UNIVERSITY X

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### ABSTRACT

The research objective was to determine the role of loneliness on academic stress in final semester students at X University. The hypothesis of this study is that loneliness plays a role in academic stress in final year students at X University. The study population was final year students at X University. This study used nonprobability sampling with purposive sampling technique and determined 150 people as respondents. Loneliness is measured using aspects from Gierveld and Raadschelders (Peplau & Perlman, 1982). Academic stress is measured using the symptoms of Hariharan and Rath (2008). Data analysis using simple regression analysis. The results of the regression analysis showed the value of  $R = 0.365$ ;  $F = 22,785$  and  $p = 0,000 (<0.05)$ . This shows that loneliness has a significant role in academic stress. The contribution of  $R$  square = 0.133, which means that the role of loneliness in influencing academic stress is 13.3%. Thus the hypothesis is accepted that there is a role for loneliness in final year students at X University.

**Keywords:** Loneliness, Academic Stress, Final Year Students.