

Investigating the Academic Stressors of Students of English Education Department

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ABSTRACT

This study aims to investigate the factors that trigger the academic stress of students of English Education Study Program, FBS, UNY. This research is basically a continuation of previous research that revealed academic stress experienced by students in English Education Study Program, FBS, UNY. Data collection in this study was carried out through online surveys. The data obtained through this online survey is then analyzed through Confirmatory Factor Analysis to see what factors appear as students academic stressors. The results show that there are six factors underlying the academic stress of English Education Study Program students, namely academic demands, parent-child relations, stressful events in adolescence, pressures from peer, financial, and self expectations. Further research that is more in-depth using a qualitative approach is expected to reveal other factors underlying student stress.

Kata Kunci: academic stress, student productivity