**DAFTAR ISI**

**HALAMAN JUDUL**

**COVER DALAM i**

**HALAMAN PERNYATAAN ii**

**HALAMAN PERSETUJUAN iii**

**HALAMAN PENGESAHAN iv**

***CURRICULUM VITAE*..........................................................................................v**

**MOTTO DAN HALAMAN PERSEMBAHAN vi**

**KATA PENGANTAR vii**

**ABSTRAK ix**

***ABSTRACT* x**

**DAFTAR ISI xi**

**DAFTAR TABEL xiii**

**DAFTAR GAMBAR xiv**

**DAFTAR LAMPIRAN xv**

**DAFTAR SINGKATAN xvi**

**BAB 1 PENDAHULUAN**

1.1 Latar Belakang.............................................................................................1

1.2 Rumusan Masalah........................................................................................4

1.3 Tujuan Penelitian..........................................................................................4

1.3.1 Tujuan Umum...............................................................................................4

1.3.2 Tujuan Khusus..............................................................................................4

1.4 Manfaat Penelitian........................................................................................5

1.4.1 Teoritis..........................................................................................................5

1.4.2 Praktis...........................................................................................................5

**BAB 2 TINJAUAN PUSTAKA**

2.1 Konsep Stres.................................................................................................6

2.1.1 Definisi Stres................................................................................................6

2.1.2 Fase-fase Stres..............................................................................................6

2.1.3 Sumber Stres.................................................................................................8

2.1.4 Tahapan Stres...............................................................................................9

2.1.5 Reaksi Tubuh Terhadap Stres.....................................................................12

2.2 Konsep Manajemen Stres ..16

2.2.1 Upaya Meningkatkan Kekebalan Terhadap Stres......................................16

2.3 Konsep Mahasiswa ..31

2.3.1 Pengertian ..31

2.3.2 Hak dan Kewajiban Mahasiswa ..32

2.4 Skripsi Program Studi S1...........................................................................33

2.4.1 Pengertian dan Tujuan Skripsi ..33

2.4.2 Peranan Skripsi ..34

2.4.3 Persyaratan Skripsi.....................................................................................34

2.4.4 Pembimbing Skripsi...................................................................................35

2.4.5 Pelaksanaan Ujian Skripsi..........................................................................35

2.5 Hubungan Antar Konsep...........................................................................35

**BAB 3 KERANGKA KONSEPTUAL DAN HIPOTESIS**

3.1 Kerangka Konseptual 36

3.2 Hipotesis 37

**BAB 4 METODE PENELITIAN 38**

4.1 Desain Penelitian 38

4.2 Kerangka Kerja 39

4.3 Waktu dan Tempat Penelitian 40

4.4 Populasi, Sampel dan *Sampling* Penelitian 40

4.4.1 Populasi Penelitian 40

4.4.2 Sampel Penelitian 40

4.4.3 Teknik *Sampling* 41

4.5 Identifikasi Variabel 41

4.5.1 Variabel *Independen* (Bebas) 41

4.5.2 Variabel *Dependen* (Tergantung) 41

4.6 Definisi Operasional 41

4.7 Pengumpulan Data dan Analisa Data 43

4.7.1 Pengumpulan Data 43

4.7.2 Teknik Analisa Data 44

4.8 Etika Penelitian 46

**BAB 5 HASIL DAN PEMBAHASAN 48**

5.1 Hasil Penelitian 48

5.1.1 Gambaran Lokasi Penelitian 47

5.1.2 Data Umum 53

5.1.3 Data Khusus 54

5.2 Pembahasan 56

5.2.1 Manajemen Stres 57

5.2.2 Ketepatan Waktu Pengumpulan Skripsi 58

5.2.3 Hubungan Manajemen Stres Dengan Ketepatan Waktu

Pengumpulan Skripsi................................................................................59

5.3 Keterbatasan.............................................................................................62

**BAB 6 SIMPULAN DAN SARAN..................................................................64**

6.1 Simpulan...................................................................................................64

6.2 Saran.........................................................................................................65

**DAFTAR PUSTAKA 66**

**LAMPIRAN**