

ABSTRACT

The objective of this research are to investigate: (1) the relationship of stress to performance's of students in Fakultas Psikologi Universitas Islam Indonesia Yogyakarta, (2) the most dominant of stress factor that influence the students performance's in Fakultas Psikologi Universitas Islam Indonesia Yogyakarta, (3) the relationship between characteristic of the students stress and the students performance's in Fakultas Psikologi Universitas Islam Indonesia Yogyakarta. As many 100 students in Fakultas Psikologi Universitas Islam Indonesia are taken as respondent, using stratified random sampling method. Multistage sampling is used descriptive analysis, and quantitative analysis (regression, F-test, t-test, and ANOVA).

The result of this research shows that there is significant influence the students stress in Fakultas Psikologi Universitas Islam Indonesia Yogyakarta; self development is the most dominant of stress that influence the students performance's in Fakultas Psikologi Universitas Islam Indonesia Yogyakarta; and there is no significant relationship between characteristic of the students stress and the students performance's in Fakultas Psikologi Universitas Islam Indonesia Yogyakarta.

Keywords: stress, self development, and performance.

