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The Impact Of Peer Social Support On Student Stress During Thesis Writing

(Study on Students at Institute of Technology and Business Asia Malang)

Agysta Febriola Herdyansyah[1]
Ida Nuryana[1]

[1] Affiliation :Institut Teknologi dan Bisnis ASIA Malang, Indonesia
Correspondence E-mail : agysta321@gmail.com

Abstract

Introduction/Main Objectives: This study examines how peer social support and stress levels influence students' ability to complete their theses.

Background Problems: Students face significant challenges during their academic journey, including increasing academic pressure and a critical need for social support, particularly during the thesis writing process.

Novelty: The novelty lies in the simultaneous analysis of both factors (peer support and stress) among students in the same year at a private university. This addresses a gap, as most previous studies have examined these variables separately or in broader populations, failing to capture the specific dynamics of final-year thesis writers.

Research Methods: This quantitative study employed a survey method, distributing a questionnaire via Google Form to 35 students actively writing their theses. Data were analyzed using multiple linear regression, supported by instrument testing, classical assumption tests, hypothesis testing, and coefficient of determination analysis.

Finding/Results: Peer social support had a positive and significant effect on thesis completion ability. Stress had a negative and significant effect on thesis completion ability. Together, both variables explained 24.8% of the variation in students' thesis writing behavior.

Conclusion: Social support strengthens the thesis writing process, while stress is a significant obstacle. The findings highlight the need to foster a supportive academic environment and implement stress management strategies to optimize thesis completion.

Keywords: social support, stress, thesis, students, peers

Introduction

Malang city has advanced as one of the educational cities, evidance by the large number of public and private campuses with a total of hundreds of thousands of student. Support by the abundance of public facilities available for use, making it a popular destination for school graduates to continue their studies in Malang (Pemerintah Kota Malang, 2024).

Malang City is a frequently chosen educational destination on the island of Java. Initially, the cities favored by students for higher education were Yogyakarta, Jakarta, Bandung, Surabaya, and Semarang. However, currently Malang City is already able to compete, as evidenced by the increase in students studying in Malang City. The number of active students in higher education institutions in Malang City reaches 330,000 students. This data is an accumulation of both public and private higher education institutions in Malang City (Santoso.A, 2022).

A student's thesis is one of their assignments throughout their time in college. According to Polina & Siang (2009) in Daawi & Nisa (2021), there are two reasons why students struggle with their thesis: internal elements, such as low learning abilities in presenting problems or ideas, and a lack of enthusiasm and interest inside the student. The intricacy of the content offered is one example of an external factor. Stress during thesis completion may result if these two challenges are not adequately managed.

According to Kurniawati & Setyaningsih (2022), a thesis is a scientific article that discusses a phenomena and is the outcome of research. Writing a thesis enables students to produce a scientific work related to their topic of study. Students are deemed capable of comprehending, evaluating, and elucidating issues pertaining to their chosen subject of study if they are able to finish a thesis.

Students who are writing their final theses are likely to experience stress, according to Suhandiah et al. (2021). Although the final project has a credit load of six and is at least overseen by one lecturer, students frequently encounter difficulties finishing their theses, which can lower motivation and raise stress levels. This could be brought on by stress from graduation deadlines, strained relationships with instructors, or pressure to live up to parental expectations. But in Putri & Primatia Yogi Wulandari (2023) state that social support is one of the elements that might contribute to students' stress levels, whether they are high or low. Students will experience higher levels of stress if they receive less social support.

According to Roy et al. (2025), students' mental health is already a health concern that requires treatment because stress, anxiety, and depression can have an impact on academic performance. When working on their final projects or theses, final-year students often struggle to locate references or prior research, feel nervous when meeting with their supervisors or examiners, and have trouble identifying the title and the phenomenon occurring.

According to Saputri & Martani (2024), stress is a physical and psychological reaction that happens when people are under pressure, nervous, or having problems in particular circumstances. Students' food habits, sleep patterns, and other parts of their lives may be impacted by the stress they experience while working on their theses. However, support from those closest to you may cheer you up as you work on your thesis.

Every student will face stress, which may be brought on by the many responsibilities they have. Because they must complete a final project, such as a thesis, in addition to their coursework tasks from teachers, final-year students will be under more stress. A student will graduate and find work sooner if they finish their thesis more quickly. But it's not a simple effort to write a thesis (Ambarwati et al., 2019).

In the opinion of Daawi & Nisa (2021), writing a thesis is seen as a difficult task that causes stress. One thing that might help kids feel less stressed when they are having issues is social support.

According to Khairunnisa Muthmainnah Jaya et al. (2023), social support is the concern that a person receives from individuals in their immediate vicinity. This support may be separated into two categories: non-psychological support, which is help that is visible, such material assistance, task assistance, or support in the form of commodities and money, and psychological support, which includes emotions like encouragement and praise.

As stated in Khairunnisa Muthmainnah Jaya et al. (2023), Chaplin (2009) defines social support as something that fulfills the needs of others by offering support, encouragement, and guidance in making decisions. Accordingly, Aryani (2016) contends that when adults are under stress, they would call out to those who are close to them or even professional services like psychiatrists or psychologists to help them find a way out. Adolescents that encounter stress may end their life tragically as a result of this phenomena. Humans can generally adapt to situations, however this depends on how stressed they are. Although learning stress is currently seen as a benign illness, its management might have deadly results.

Institute of Technology and Business asia Malang is a private university, located at Jl. Soekarno Hatta, Rembuksari Street No. 1 A, Mojolangu, Lowokwaru District, Malang City, East Java. The Faculty of Technology and Design and the Faculty of Economics and Business are the two faculties of the Asia Institute.

One of the study programs from the Faculty of Economics and Business is management. One of the final requirements for obtaining a bachelor's degree in management is that students are required to complete both a thesis and a journal. From these obligations, many Asian students experience considerable psychological pressure during the preparation of their theses and journals. Based on my observations, this pressure can be caused by several factors, including difficulty finding a topic, limited references, a lack of understanding of research methods, and even fear during testing. This can cause students to feel anxious, stressed, and even experience a decrease in motivation. Based on this, social support can alleviate the level of depression by supporting students. According to Akerina & Wibowo (2022), peer social support is a resource in the form of emotional, informational, and instrumental support originating from peers, including tangible instrumental assistance and help from someone willing to discuss existing problems.

Based on the research conducted by Hasbi & Alwi (2022) Social support can help students who are working on their theses become more resilient. Students who have more social support are more resilient; on the other hand, students who have less social support are less resilient when working on their theses.

Given this context, it is anticipated that this study will provide light on the significance of peer social support and stress management in finishing a thesis, as well as act as a resource for future, more comprehensive research on related subjects.

Research Methods

Population and Sampel

Population is defined as the total number of people who have specific characteristic that make them the focus of the research (Sugiarto 2017). In this case, the researcher used a population

of 2022 student at the Institut of Technology and Business Asia Malang who were completing their theses

A sample is a defined as half of the population taken using a specific strategy that also has certain characteristics (Bahri, 2018). In this case, the sample used is non-probability sampling, which is defined as sample selection through special selection and using purposive sampling with the following criteria :

- Active students of the Institute of Technology and Business Asia Malang, Class of 2022
- Enrolled in the management study program
- Currently completing a thesis In this study

the researcher obtained a sample of 35 people.

Data Analysis Method

This study aims to provide information on the effect of peer social support on stress levels among student completing their theses by ditributing questionnaires via WhatsApp, which were then processedusing SPSS version 23. Data instrument testing included :

Validity Test

Validity testing is a process used to measure an instrument. A valid instrumen is one that clearly shows the accuracy of the information. The higher the validity, the higher the accuracy (Sugiarto 2017).

- An item is considered valid when the Sig in the correlation result is < 0,05 or
- An item is considered valid if r count > r table

Reliability Test

According to Sugiarto (2017), data is considered reliable if it is consistent and obtained from accurate measurements without unnecessary errors. A reliable instrument is one that, when tested repeatedly on the same group, will produce consistent result. In other words, there will be no change in the answers from each test conducted. This study uses the Cronbach's Alpha method with the following conditions :

- The instrument is considered satisfactory if the Cronbach's Alpha value is > 0.6
- The instrument is considered unsatisfactory if the Cronbach's Alpha value is < 0.6

Classical Assumption Test

Normality Test

Bahri (2018) explains that normality test are used to analyze data distribution to identify wheter that curve distribution is within normal limits. If it has a symmetrical, bell-shapped form, it cosidered normal. This method also has a significance criterion with a value above 0.05 using kolmogorov-smirnov method to determine normal distribution.

Multicollinearity Test

In Bahris (2018) book, Ghozali (2016) states that the purpose of the multicollinearity test is to test wheter the regression model shows a correlation between independent variables. A good regresion model ideally does not have very high correlation, let alone perfect correlation, between its independent variables. With the following conditions :

- $r^2 > R^2$ then it can be conculed that there is multicollinearity
- $r^2 < R^{2,}$ then there is no multicollinearity

Heteroskedasticity Test

Heteroskedasticity is a condition where the residual variance is not constant for each observation in a regression model. A good regression model should be free from heteroskedasticity is characterized by enqual residual variannce detect it, a test is performed using the Glejser test by looking at the significance value (t sig) and reviewing it through a scatterplot graph.

Hypothesis Test

t Test

In Bahri (2018), the t-value can be observed in the coefficient output section of the regression result. The t-test is used to assess whether each independent variable has an individual effect on the dependent variable. To test this, there are several criteria, namely :

- the significance test has a limit of 5%, if the significant value is > 0.05, then H0 is approved and H1 is decline, so it can be concluded that the independent variables individually have no effect on the dependent variable. However, if the significance vallue is <0.05, H0 is decline and H1 is approved. Which means that the independent variablees individually and significantly affect the dependent variable.
- At this stage, a comparison is made between the calculaed t value and the table t value. If the calculated t value is < that table t value , H0 is approved and H1 is declined, meaning that the independent variables do not affect the dependent variable. However if the calculated t value is > the t table, then H0 is declined and H1 is aproved, meaning that the independent variable has an effect on the dependent variable.

F Test

The F test can be observed in the ANOVA output and is used to test wheter all independent variables have a simultaneous effect on the dependent variable, as well as to assess the overall suitabillity of the regresion mode; (Bahri,2018). Based on this, there are several criteria, nemaly :

- If F count > F table and significant < 0.05, then the model is cosidered significant
- Furthermore, if F count < F table and significant > 0.05, then the model is considered insignificant

Determination Coefficienr (R^2)

Bahri (2018) states that the ability of a regression model to explain the variation of the dependent variable based on its independent variables can be measured using R^2. The coefficient of determination value ranges from 0 to 1. The closer it is to 1, the more the independent variables provide almost all the information needed to predict the dependent variable, and the more accurate the model is. This value then converted into precentage for easy interpretation.

Result

Testing of Data Instruments

Validity Test

To test the validity of this study, SPSS version 23 was used. The questionanaire instrument can be declared valid if the correlation output results are significant at $\alpha < 0.05$ or can be assessed from r count > r table with the calculation of r table N-2 (35-2) = 33, so that a significance level of 5% is obtained with an r table value of 0.3338

Table 1 Validity Test Result

Variable	Indicator	Item	Validity		
			Calculated r	r table	Description
Peer Social Support	Emotional Support	X1.1	0.574	0.3338	Valid
		X1.2	0.535	0.3338	Valid
		X1.3	0.674	0.3338	Valid
	Informational Support	X1.4	0.832	0.3338	Valid
		X1.5	0.808	0.3338	Valid
		X1.6	0.850	0.3338	Valid
	Instrumental Support	X1.7	0.758	0.3338	Valid
		X1.8	0.764	0.3338	Valid
		X1.9	0.778	0.3338	Valid
Stress	Internal Factors	X2.1	0.674	0.3338	Valid
		X2.2	0.806	0.3338	Valid
		X2.3	0.823	0.3338	Valid
	External Factors	X2.4	0.875	0.3338	Valid
		X2.5	0.843	0.3338	Valid
		X2.6	0.542	0.338	Valid
Student Writing Their Theses	Academic Achievement	Y1	0.515	0.3338	Valid
		Y2	0.625	0.3338	Valid
		Y3	0.603	0.3338	Valid
	Academic Discipilne	Y4	0.567	0.3338	Valid
		Y5	0.741	0.3338	Valid
		Y6	0.702	0.3338	Valid
	Achievement Motivation	Y7	0.692	0.3338	Valid
		Y8	0.661	0.3338	Valid
		Y9	0.654	0.3338	Valid

Source: Processed Data (SPSS), 2025

Based on the data in the table, it can be seen that three variables, each consisting of three questions, have been tasted. In all variables, both independent and dependent, it was found that calculated r value for each item exceeded the table r value >0.338. thus, all items in the research instrument were declared valid.

Reliability Test

Reliability testing is used to ensure that questionnaries, which serve as variable indicators, have measurement consistency. Questionnaires are considered reliable when Cronbach's Alpha values are higher than 0.6

Table 2 Reliability Test Result

Variable	Cornbach's Alpha	Provisions	Description
Peer Social Support	0.891	0,6	Reliable

Stress	0.860	0,6	Reliable
Student Writing Their Theses	0.768	0,6	Reliable

Source: Processed Data (SPSS), 2025

Based on data results table above, it can be seen that the test was conducted on each variable, and the results show that the Cronbach's Alpha value exceeds 0.6. Thus, the questionnaire can be considered reliable.

Classical Assumption Test

Normality Test

A normality test was conducted to evaluate wheter the regression model followed a normal ditribution. In this study, the kolmogorov-smirnov test was used, and the result showed that the significance value exceeded 0.05. In addition, the normality graph displayed a pattern that followed a straight diagonal line as expected.

Table 3 Normality Test Result

Asymp sig	Criteria	Description
0.088	0.05	Normally distributed

Source: Processed Data (SPSS), 2025

Based on this data, the Asypm.Sig value is recorded at 0.088, which is above the limit of 0.05. this indicates that the data follows a normal ditribution.

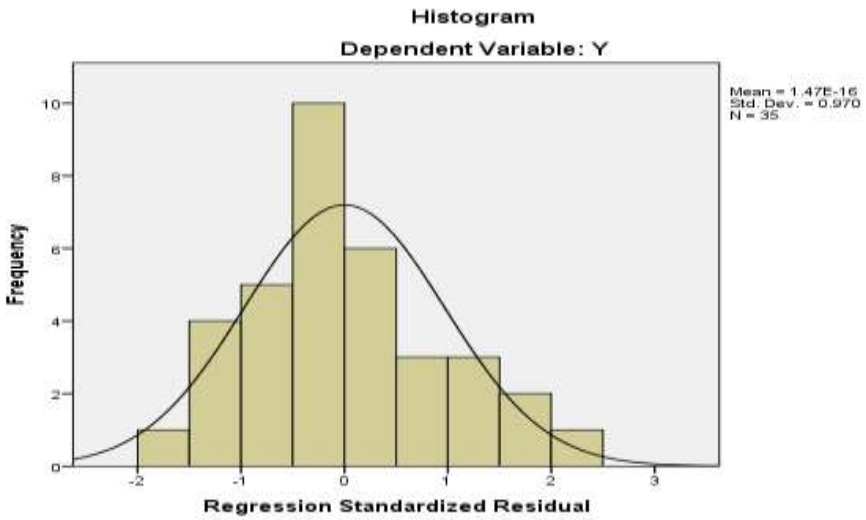

Figure 1 Histogram of Test Result

Source: Processed Data (SPSS), 2025

Based on the image, the hsitogram shows a normal ditribution because the curve resembles a bell. The curve above the histogram bars follows a consistent pattern without significant deviations, and the left and right sides appear balanced.

Multicollinearity Test

Researchers use this test to detect multicollinearity by examining the Variance Inflation Factor (VIF) value. If the VIF is less than 10 and the tolerance value is greater than 0,1. Researchers conclude that multicollinearity does not occur

Table 4 Multicollinearity Test Result

Variabel	Tolerance	VIF	Description
Peer Social Support	0.719	1.391	Multicollinearity did not occur.
Stress	0.719	1.391	Multicollinearity did not occur.

Source: Processed Data (SPSS), 2025

Based on the test results above, it is known that the value of X1 and X2 are 1.391, which means 1.391 <10, and the tolerance value is 0.719, which means 0.791 > 0.1 therefore, there is no multicoliinearity in the data.

Heteroskedasticity Test

A heteroskedasticity test was conducted to evaluate wheter there was variance inequality in the residuals or other observations in the regression model. In this study, hetyeroskedasticity detection was performed using the Glejser test. The criteria used stated the heteroskedasticity did not occur if the significance value (sig) was greater than 0.05 and the scatterplot graph showed residual points scattered randomly without forming a specific pattern

Table 5 Heteroskedasticity Test Result

Variabel	Sig	Description
Peer Social Support	0.211	Heteroskedasticity did not occur.
Stress	0.051	Heteroskedasticity did not occur.

Source: Processed Data (SPSS), 2025

Based on Table 5 above, the Glejser test results, which can be seen from the t sig value, show that variables X1 and X2 have a sig value > 0.05, this means that the model is free from heteroscedasticity.

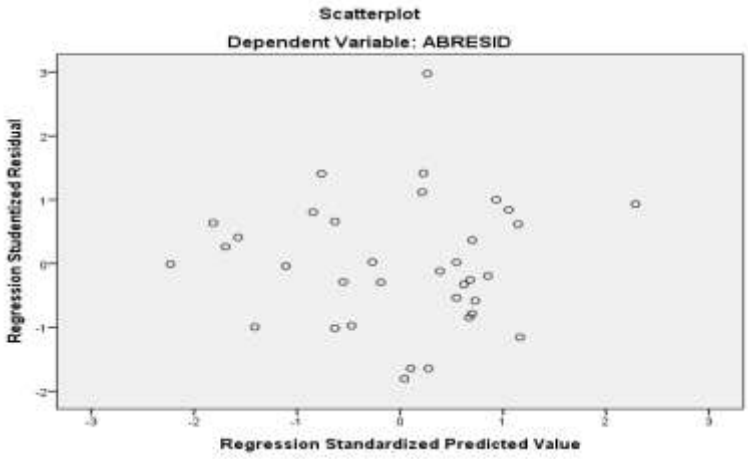

Figure 2 Scatterplot

Source: Processed Data (SPSS), 2025

Based on observations of the heteroskedasticity test scatter diagram, it can be seen that the residual points are scatteres randomly above and bellow zero line, without forming any particular pattern. This condition indicates that the regression model does not experience heteroskedasticity problems.

Hypothesis Test

t Test

In hypothesis testing, the t-test has the following criteria: if the sig value is < 0.05, it is said to have a exert a significant influance if the sig value is > 0.05, it is said to have no significant effect.

Table 6 t Test Result

Coefficients[a]

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	33.454	3.589		9.321	.000
X1	.325	.111	.517	2.934	.006
X2	-.297	.112	-.468	-2.654	.012

a. Dependent Variable: Y

Source: Processed Data (SPSS), 2025

Based on the data in Table 6, it can be concluded that:

a. The hypothesis test for Peer Social Support (X1) on students theses completion (Y) has a significance of 0.006 < 0.05 and t-value of 2.934 > 2.0345, which means that Peer Social Support (X1) has an effect on students theses completion (Y), and
b. The hypothesis test for Stress (X2) on students theses completion (Y) has a significance of 0.012 < 0.05 and t-value of -2.654 > 2.0345, which means that stress has a negative and significant effect on students theses completion. The higher the level of stress experienced by students, the lower their ability to complete their theses.

F Test

This test was conducted to evaluate the extent to which independent variables affect dependent variables. The test results are as follows :

Table 7 F Test Result

Model		Sum of Squares	df	Mean Square	F	Sig.
	Regression	145.536	2	72.768	5.264	.011[b]
	Residual	442.350	32	13.823		
	Total	587.886	34			

a. Dependent Variable: Y

b. Predictors: (Constant), X2, X1

Source: Processed Data (SPSS), 2025

Based on the results of the ANOVA analysis, a significance value of 0.011 was obtained, which is below 0.05. this indicates that the independent variables, namely peer social support (X1) and stress (X2), simultaneously have a significant effect on the dependent variable, namely student completing theses (Y)

Determination Coefficienr (R^2)

The coefficient of determination value ranges from 0 to 1. The closer it is to 1, the more the independent variables provide almost all the information needed to predict the dependent variable, and the more accurate the model is. This value then converted into precentage for easy interpretation.

Table 8 Determination Coefficienr (R^2) Result

Model	R	R Square	Adjusted R Square	Std. Error Of the Estimate
1	.498[a]	.248	.201	3.718

Source: Processed Data (SPSS), 2025

An adjusted R-squared value of 0.248 was obtained, the findings indicate that the variable “student completing theses” (Y) is accounted for bye the two independent variables “peer social support” (X1) and stress (X2). This means that the consructed multiple regression model explain 24.8% of the variation in Y, while the remaining 75.2% i

Multiple Regression Analysis

This analysis is used to determine the magnitude of the independent variables, namely peer social support and stress in students, on the dependent variable, which is students working on their theses. With the following results:

Table 9 Multiple Regression Analysis Result

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	33.454	3.589		9.321	.000
	X1	.325	.111	.517	2.934	.006
	X2	-.297	.112	-.468	-2.654	.012

a. Dependent Variable: Y

Source: Processed Data (SPSS), 2025

33.454 + 0.325X1 – 0.297X2

Meaning:

a. The constant value is recorded as 33.454, which means that when all independent variables are zero, the dependent variable will be at a value of 33.454
b. The regresion coefficient for variable X1 is +0.325, indicating that every increase in X1 will be followed by an increase in Y. Conversely if X1 decrease, Y will also decrease
c. The regression coeffiecient for varoiable X2 is -0.297, indicating that an increase in X2 will cause a decrease in Y, while a decrease in X2 will result in an increase in Y

Discussion

The impact of peer social support on students writing their theses

The hypothesis test results show that peer social support (X1) on student completing theses (Y) has a significance value of 0.006, whic is below the 0.05 thereshold, and t-value of 2.934, whic is higher than the crictical value of 2.0345. this indicates that peer social support (X1) has a significant effect on students ability to complete their thesis. In other words, the gretaerthe support provide by peers, the smoother and more effective the thesus writing procces among student

The Impact of student stress on students writing their theses.

The hypothesis test examining stress (X2) in relation to student completing their theses (Y) yields a significance value of 0.012 < 0.05 and a t-value og -2.654 which is greater than the critical value when considering the absolute value. This completion, thus, higher stress levels tend to reduce students ability to finish their theses effectively

Conclusion

Based on the research results above, titled "The Impact of Peer Social Support on Student Stress in Writing Theses at Institute of Technology and Business Asia Malang," it can be concluded that peer social support is proven to have a positive and significant effect on the thesis writing process. The higher the social support received, the higher the students' ability to complete their theses. However, conversely, stress has been proven to have a negative and significant impact on students writing their theses, where high levels of stress lead to a decrease in students' ability to complete their final assignments. Together, both variables were proven to have a significant effect, with an R-squared value of 24.8%, while the remaining 75.2% was influenced by other factors.

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