

**ANALISIS PENGARUH KEAKTIFAN BERORGANISASI  
TERHADAP TINGKAT STRES BERDASARKAN SKALA  
*DEPRESSION ANXIETY STRESS SCALE-21 (DASS-21)* PADA  
MAHASISWA AKTIF BERORGANISASI UPN “VETERAN”  
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**ABSTRAK**

Setiap mahasiswa yang berpartisipasi dalam organisasi kemahasiswaan menghadapi tantangan ganda, baik akademik maupun nonakademik, yang berpotensi meningkatkan tingkat stres, terutama bagi mereka yang menduduki posisi struktural. Penelitian ini bertujuan untuk menganalisis pengaruh keaktifan organisasional terhadap tingkat stres pada mahasiswa aktif organisasi di Universitas Pembangunan Nasional “Veteran” Jakarta. Desain penelitian yang diterapkan adalah observasional analitik dengan pendekatan cross-sectional. Teknik pengambilan sampel menggunakan purposive sampling. Keaktifan organisasional diukur melalui kuesioner yang dirancang khusus, sedangkan tingkat stres diukur menggunakan instrumen Depression Anxiety Stress Scale-21 (DASS-21). Analisis data meliputi analisis univariat dan bivariat dengan uji korelasi Spearman. Hasil penelitian menunjukkan adanya hubungan antara tingkat keaktifan organisasional dan tingkat stres, di mana intensitas keterlibatan serta tanggung jawab organisasional yang lebih tinggi berkorelasi dengan peningkatan kadar stres. Oleh karena itu, diperlukan pengembangan program pendampingan dan intervensi manajemen stres yang sistematis untuk menjaga keseimbangan antara aktivitas organisasi dan kesehatan mental mahasiswa.

**Kata kunci:** : keaktifan berorganisasi, tingkat stres, mahasiswa, DASS-21

# **Analysis of the Influence of Organizational Activity on Stress Levels Based on the Depression Anxiety Stress Scale-21 (DASS-21) Among Active Student Organization Members at UPN ‘Veteran’ Jakarta.**

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## **ABSTRACT**

*Every student who participates in student organizations faces a dual challenge, both academic and non-academic, which may increase stress levels, particularly among those holding structural positions. This study aimed to analyze the relationship between organizational involvement and stress levels among student organization members at Universitas Pembangunan Nasional “Veteran” Jakarta. An analytic observational study with a cross-sectional design was conducted. Purposive sampling was used to recruit participants. Organizational involvement was measured using a specifically designed questionnaire, while stress levels were assessed using the Depression Anxiety Stress Scale-21 (DASS-21). Data were analyzed using univariate and bivariate analyses with Spearman’s rank correlation test. The results indicated a significant relationship between the level of organizational involvement and stress levels, in which higher intensity of involvement and organizational responsibilities were associated with increased stress levels. Therefore, the development of structured mentoring programs and systematic stress management interventions is recommended to maintain a balance between organizational activities and students’ mental health.*

**Keywords :** organizational activeness, stress levels, students, DASS-21