

ABSTRAK

“Wahidah Nurul Hidayah. 221.371.508. *Korelasi Kedisiplinan Salat Tahajud dengan Tingkat Stres Akademik Mahasiswa Semester V STITMA Yogyakarta Tahun Akademik 2025/2026*. Skripsi. Yogyakarta: Program Studi Pendidikan Agama Islam. STITMA Yogyakarta, 2026.”

Penelitian ini dilatarbelakangi oleh tingginya tekanan akademik yang dialami mahasiswa semester V di STITMA Yogyakarta, seperti beban tugas riset, publikasi jurnal, dan target hafalan Al-Qur'an. Salat Tahajud sebagai bentuk *coping* spiritual diduga memiliki peran dalam mereduksi stres tersebut. Penelitian ini bertujuan untuk mengetahui ada tidaknya hubungan, serta tingkat kekuatan hubungan antara kedisiplinan salat Tahajud dengan tingkat stres akademik pada mahasiswa semester V STITMA Yogyakarta.

Penelitian ini menggunakan metode kuantitatif dengan desain korelasional. Responden penelitian berjumlah 87 mahasiswa yang ditentukan menggunakan teknik total sampling. Data dikumpulkan melalui kuesioner kedisiplinan salat Tahajud dan skala stres akademik, kemudian dianalisis menggunakan uji korelasi Pearson *Product Moment* melalui program SPSS.

Hasil penelitian menunjukkan bahwa kedisiplinan salat Tahajud responden berada pada kategori baik dengan skor sebesar 1877. Sementara itu, tingkat stres akademik mahasiswa berada pada kategori tinggi dengan skor sebesar 3530, dengan gejala fisik, emosional, dan perilaku menjadi aspek yang paling dominan. Berdasarkan uji hipotesis, diperoleh nilai signifikansi (Sig. 2-tailed) sebesar 0,004 ($< 0,05$) yang berarti H_a diterima. Nilai koefisien korelasi sebesar -0,307 menunjukkan adanya hubungan yang negatif dengan tingkat kekuatan yang rendah.

Berdasarkan hasil penelitian dapat disimpulkan bahwa semakin tinggi kedisiplinan mahasiswa dalam melaksanakan salat Tahajud, maka semakin rendah tingkat stres akademik yang dialami mahasiswa.

Kata Kunci: Salat Tahajud, Stres Akademik, Mahasiswa STITMA.

ABSTRACT

“Wahidah Nurul Hidayah. 221.371.508. *The Correlation between Discipline in Performing Tahajud Prayer and the Level of Academic Stress among Fifth-Semester Students of STITMA Yogyakarta in the Academic Year 2025/2026*. Undergraduate Thesis. Yogyakarta: Islamic Education Study Program, STITMA Yogyakarta, 2026.”

This research was motivated by the high level of academic pressure experienced by fifth-semester students at STITMA Yogyakarta, such as research assignments, journal publication demands, and Qur'an memorization targets. Tahajud prayer, as a form of spiritual coping, is assumed to have a role in reducing academic stress. This study aimed to determine whether there is a correlation, as well as the strength of the correlation, between discipline in performing Tahajud prayer and the level of academic stress among fifth-semester students at STITMA Yogyakarta.

This study employed a quantitative method with a correlational design. The respondents consisted of 87 students selected using the total sampling technique. Data were collected through a Tahajud prayer discipline questionnaire and an academic stress scale, then analyzed using the Pearson Product Moment correlation test through the SPSS program.

The results showed that the respondents' discipline in performing Tahajud prayer was in the good category, with a score of 1.877. Meanwhile, the students' academic stress level was categorized as high, with a score of 3.530, where physical, emotional, and behavioral symptoms were the most dominant aspects. Based on the hypothesis test, the significance value (Sig. 2-tailed) was 0.004 (< 0.05), indicating that H_a was accepted. The correlation coefficient value of -0.307 indicated a negative correlation with a low level of strength.

Based on the findings, it can be concluded that the higher the students' discipline in performing Tahajud prayer, the lower the level of academic stress experienced by the students.

Keywords: *Tahajud Prayer, Academic Stress, STITMA Students.*