

ABSTRACT

This study is titled "The Relationship Between Psychological Well-Being and Academic Stress Among Final-Year Students of the Faculty of Ushuluddin, Adab, and Da'wah at UIN Sultanah Nahrasiyah Lhokseumawe." The study aims to determine the levels of academic stress, the profile of psychological well-being, and the relationship between psychological well-being and academic stress among final-year students at the Faculty of Ushuluddin, Adab, and Da'wah, UIN Sultanah Nahrasiyah Lhokseumawe. A quantitative approach with a correlational method was employed. The study population consisted of 214 students, with a sample of 68 respondents determined using Slovin's formula and simple random sampling (a type of probability sampling). Data were collected via questionnaires on psychological well-being and academic stress, then analyzed using descriptive statistics and the Kendall's Tau correlation test with the aid of SPSS version 27. The results indicate that academic stress levels among students fell into the moderate category (64.7%), high category (20.6%), and low category (14.7%), while psychological well-being levels fell into the moderate category (64.7%), high category (16.2%), and low category (19.1%). The Kendall's Tau correlation test yielded a correlation coefficient of -0.422 with a significance value of 0.000. These results demonstrate a significant, negative, and moderate relationship between psychological well-being and academic stress. Consequently, the null hypothesis (H_0) was rejected and the alternative hypothesis (H_a) was accepted, meaning that higher psychological well-being is associated with lower academic stress among students, and vice versa. The study concludes that there is a significant negative relationship between psychological well-being and academic stress among final-year students at the Faculty of Ushuluddin, Adab, and Da'wah, UIN Sultanah Nahrasiyah Lhokseumawe.

Keywords: *Psychological well-being, Academic Stress, Final-Year Students.*

UNIVERSITAS ISLAM NEGERI
SULTANAH NAHRASIYAH
LHOKSEUMAWE