ABSTRAK

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Key words : stress, stress factors

Stress is a physical and psychological reaction such as uneasy, uncomfortable or depressed feeling in dealing with certain pressure or demand. It is also defined as one’s physical reaction because of a misinterpretation on something considered as a threat. It is also able to fail one’s desire or need. According to some experts, stress factors (Santrock, 2003) consist of physical, environmental, cognitive, personality, sociocultural, and coping strategy factor.

The study employs 200 samples of freshmen consisting of 100 male and 100 female students. It uses a quantitative approach using questionnaire in collecting its data. The result shows that the stress level on freshmen is moderate. The most dominant factor is environmental factor with the percentage of 19.5%. Meanwhile, the percentage of cognitive factor is 18.5%. The next are sociocultural, coping strategy, and physical factor with 17%, 16%, and 15%, respectively. The personality factor gains the fewest percentage, namely 14%.