

ABSTRAK

Penelitian ini bertujuan untuk menggambarkan *hopelessness* pada mahasiswa Universitas Malikussaleh yang sedang menyusun skripsi berdasarkan faktor *Feelings About the Future*, *Loss of Motivation*, dan *Future Expectations* menurut Beck dkk. Penelitian menggunakan pendekatan kualitatif dengan desain studi kasus. Subjek berjumlah lima mahasiswa aktif Universitas Malikussaleh yang sedang menyusun skripsi dan telah melakukan bimbingan dengan dosen pembimbing. Partisipan dipilih secara *purposive* setelah melalui *screening* menggunakan *Academic Hopelessness Inventory* (AHI). Data diperoleh melalui wawancara semi-terstruktur dan observasi dengan keabsahan data melalui triangulasi teknik, sumber, dan waktu. Hasil penelitian menunjukkan *hopelessness* ditandai tekanan emosional, perasaan negatif, perubahan kondisi emosi, penurunan motivasi, keinginan untuk berhenti, keraguan terhadap kemampuan menyelesaikan skripsi, dan ekspektasi negatif terhadap masa depan. Penelitian juga menemukan hambatan dalam penyusunan skripsi yang berbeda beda pada setiap subjek, berupa kesulitan pengerjaan, bimbingan dan revisi, keterbatasan fasilitas, tuntutan pekerjaan dan ekonomi, dukungan, serta kondisi pribadi dan keluarga. *Hopelessness* pada mahasiswa memiliki bentuk dan konteks yang beragam sesuai pengalaman masing-masing subjek. Selain itu, penelitian ini memiliki keterbatasan, antara lain konteks subjek yang spesifik dan jumlah partisipan yang terbatas, sehingga hasilnya tidak dimaksudkan untuk generalisasi statistik.

Kata Kunci : Hopelessness, Mahasiswa, Skripsi, Studi Kasus

ABSTRACT

This study aims to describe the experience of hopelessness among Universitas Malikussaleh students currently working on their undergraduate theses, focusing on the factors of "Feelings About the Future," "Loss of Motivation," and "Future Expectations" as defined by Beck et al. A qualitative approach with a case study design was employed. The subjects consisted of five active Universitas Malikussaleh students who were actively working on their theses and had engaged in supervision sessions with their academic advisors. Participants were selected purposively following a screening process using the Academic Hopelessness Inventory (AHI). Data were collected through semi-structured interviews and observations, with validity ensured through the triangulation of techniques, sources, and time. The results indicate that hopelessness manifests as emotional distress, negative feelings, fluctuating emotional states, a decline in motivation, a desire to quit, doubts regarding the ability to complete the thesis, and negative expectations about the future. The study also identified varying obstacles faced by each subject during the thesis process, including difficulties with the work itself, supervision and revisions, limited facilities, work and financial demands, support systems, and personal or family circumstances. Hopelessness among these students took diverse forms and contexts, reflecting each subject's unique experiences. Additionally, the study has limitations such as the specific context of the subjects and the small sample size meaning the findings are not intended for statistical generalization.

Keywords: Case study, Collage students, Hopelessness, Thesis