

ABSTRAK

Performa akademik yaitu hasil belajar seseorang yang dinyatakan dalam bentuk kuantitatif selama menempuh pendidikan. Faktor teknologi terutama internet berperan penting dalam menunjang berbagai aktivitas mahasiswa baik akademik maupun non akademik untuk menunjang performa akademiknya. Akan tetapi mahasiswa mengalami ketergantungan terhadap teknologi sehingga menyebabkan stress yang disebut *technostress*. *Technostress* disebabkan oleh konektivitas secara terus menerus dengan *information overload* dan *communication overload* yang berdampak pada timbulnya stress dan kurang fokus mahasiswa sehingga diduga berpengaruh terhadap performa akademik. Penelitian ini bertujuan mengukur bagaimana *information overload* dan *communication overload* mempengaruhi *technostress* serta *technostress* mempengaruhi performa akademik mahasiswa. Metode yang digunakan dalam penelitian ini yaitu kuantitatif dengan sampel 144 mahasiswa prodi S1 Manajemen Universitas Dharma Andalas dengan bantuan SmartPLS versi 4.0. Hasil penelitian menunjukkan *information overload* berpengaruh positif dan signifikan terhadap *technostress*. *Communication overload* berpengaruh positif dan signifikan terhadap *technostress*. *Technostress* berpengaruh positif dan signifikan terhadap performa akademik. *Information overload* berpengaruh negatif terhadap performa akademik. *Communication Overload* berpengaruh positif dan signifikan terhadap performa akademik. *Information Overload* tidak memiliki pengaruh terhadap performa akademik dengan *technostress* Sebagai Variabel Mediasi karena hipotesis ditolak. *Communication Overload* berpengaruh positif dan signifikan Terhadap Performa Akademik Dengan *Technostress* Sebagai Variabel Mediasi.

Kata Kunci : *information overload*, *communication overload*, *technostress* dan performa akademik

ABSTRACT

Academic performance is a person's learning results expressed in quantitative form during their education. Technological factors, especially the internet, play an important role in supporting various student activities, both academic and non-academic, to support their academic performance. However, students experience dependence on technology, causing stress and being overwhelmed by technology, which is called technostress. Technostress is caused by continuous connectivity with information overload and communication overload which has an impact on the emergence of stress and lack of focus in students which is thought to have an impact on academic performance. This research aims to measure how information overload and communication overload affect technostress and technostress affects students' academic performance. The method used in this research is quantitative with a sample of 144 students from the Bachelor of Management study program at Dharma Andalas University with the help of SmartPLS version 4.0. The research results show that information overload has a positive and significant effect on technostress. Communication overload has a positive and significant effect on technostress. . Technostress has a positive and significant effect on academic performance. Information overload has a negative effect on academic performance. Communication Overload has a positive and significant influence on academic performance. Information Overload has no influence on academic performance with technostress as a mediating variable because the hypothesis is rejected. Communication Overload has a positive and significant effect on academic performance with Technostress as a mediating variable.

Keywords: information overload, communication overload, technostress and academic performance