

**HUBUNGAN ANTARA STRES AKADEMIK DENGAN *ADVERSITY*
QUOTIENT PADA SISWA SMA DALAM MASA PANDEMI
VIRUS *COVID-19***

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui tingkat stress akademik dengan *adversity quotient* pada siswa SMA dalam masa pandemi virus corona (covid-19), di salah satu sekolah yang berada di kabupaten Tegal – Jawa Tengah. Populasi dalam penelitian ini yaitu seluruh siswa SMA N 1 Bojog Tegal dengan sampel yang berjumlah 386 siswa. Teknik yang digunakan dalam pengambilan sampel menggunakan *cluster random sampling*. Alat ukur dalam penelitian ini terdiri dari dua skala, yaitu skala stress akademik dan skala *adversity quotient*. Alat ukur dalam penelitian ini terdiri dari dua skala, yaitu skala stress akademik dan skala *adversity quotient*. Skala stress akademik terdiri dari 31 aitem dengan koefisien reliabilitas 0,885, sedangkan skala *adversity quotient* terdiri dari 27 aitem dengan koefisien reliabilitas 0,892. Teknik analisis data yang dilakukan oleh peneliti adalah *product moment*. Hasil uji hipotesis menunjukkan nilai r_{xy} -0,496 dengan signifikansi 0,000 ($p < 0,01$), yang artinya ada hubungan antara *adversity quotient* dengan stress akademik. Berdasarkan hasil analisis diketahui bahwa *adversity quotient* memiliki sumbangan efektif terhadap stress akademik sebesar 24,6% dengan koefisien determinasi 0,246, sedangkan 75,4% dipengaruhi oleh faktor lain seperti pola pikir, keyakinan, kepribadian, pembelajaran yang padat, tekanan dalam berprestasi yang tinggi, orang tua yang saling bersaing, serta status sosial.

Kata kunci: Stress Akademik, *Adversity Quotient*, Siswa Sekolah Menengah Atas, dan siswa

**THE RELATIONSHIP BETWEEN ACADEMIC STRESS AND
ADVERSITY QUOTIENT IN HIGH SCHOOL STUDENTS DURING A
COVID-19 PANDEMIC**

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ABSTRACT

This study aims to determine the level of academic stress with the adversity quotient in high school students during the corona virus pandemic (covid-19), at one of the schools in Tegal district - Central Java. The population in this study were all students of SMA N 1 Bojog Tegal with a sample of 386 students. The technique used in sampling using cluster random sampling. The measuring instrument in this study consisted of two scales, namely the academic stress scale and the adversity quotient scale. The measuring instrument in this study consisted of two scales, namely the academic stress scale and the adversity quotient scale. The academic stress scale consists of 31 items with a reliability coefficient of 0.885, while the adversity quotient scale consists of 27 items with a reliability coefficient of 0.892. The data analysis technique used by researchers is the product moment. Hypothesis test results show the value of $r_{xy} -0.496$ with a significance of 0.000 ($p < 0.01$), which means that there is a relationship between adversity quotient and academic stress. Based on the results of the analysis, it is known that the adversity quotient has an effective contribution to academic stress by 24.6% with a determinant coefficient of 0.246, while 75.4% is influenced by other factors such as thought patterns, beliefs, personality, solid learning, high achievement pressure, competing parents, as well as social status.

Keywords: *Academic Stress, Adversity Quotient, Senior High School, and Students*