

HUBUNGAN ANTARA *ADVERSITY QUOTIENT* DENGAN STRES AKADEMIK PADA SISWA SMA KELAS XII DI KOTA YOGYAKARTA

ABSTRAK

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Siswa SMA mengalami stres akademik karena tuntutan pembelajaran dari lembaga pendidikannya. Stres akademik merupakan fase tersulit bagi siswa dikarenakan banyaknya syarat pembelajaran yang wajib terpenuhi, sehingga kemampuan siswa dalam menyelesaikan masalah dan bagaimana cara siswa memandang kesulitan tersebut dapat dilihat dari variabel *adversity quotient*. Penelitian ini bertujuan untuk melihat hubungan antara *adversity quotient* dengan stres akademik pada siswa SMA kelas XII di kota Yogyakarta. Metode kuantitatif yang digunakan yaitu kuantitatif korelasional menggunakan skala berdasarkan teori Gadzella dan Masten dan skala *adversity quotient* berdasarkan teori Stoltz. Teknik sampling yang digunakan dalam penelitian ini yaitu *purposive sampling* dengan responden sejumlah 150 siswa aktif SMA kelas XII di kota Yogyakarta. Teknik pengumpulan data ini menggunakan skala sikap model likert dengan bantuan penyebaran *google form*. Uji hipotesis yang digunakan pada penelitian ini yaitu analisis regresi linear berganda. Hipotesis dalam penelitian yaitu terdapat hubungan negatif antara variabel *adversity quotient* dengan stres akademik pada siswa SMA kelas XII di kota Yogyakarta. Hasil analisis menunjukkan bahwa koefisien korelasi sebesar 0,585 dengan nilai signifikansi 0,000 berdasarkan hasil analisis terdapat hubungan negatif antara *adversity quotient* dengan stres akademik pada siswa. Semakin tinggi *adversity quotient* pada siswa maka semakin rendah stres akademiknya, dan sebaliknya semakin rendah *adversity quotient* pada siswa maka semakin tinggi stres akademiknya.

Kata kunci: *Adversity Quotient*, Stres Akademik, Siswa, Yogyakarta

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**THE RELATIONSHIP BETWEEN ADVERSITY QUOTIENT AND
ACADEMIC STRESS IN CLASS XII HIGH SCHOOL STUDENTS IN
YOGYAKARTA CITY**

ABSTRACT

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High school students experience academic stress because of the learning demands of their educational institutions. Academic stress is the most difficult phase for students because there are many learning requirements that must be met, so that students' ability to solve problems and how students view these difficulties can be seen from the adversity quotient variable. This research aims to examine the relationship between the adversity quotient and academic stress in class XII high school students in the city of Yogyakarta. The quantitative method used is correlational quantitative using a scale based on Gadzella and Masten's theory and an adversity quotient scale based on Stoltz's theory. The sampling technique used in this research was purposive sampling with respondents totaling 150 active class XII high school students in the city of Yogyakarta. This data collection technique uses a Likert model attitude scale with the help of distributing Google forms. The hypothesis test used in this research is multiple linear regression analysis. The hypothesis in the research is that there is a negative relationship between the adversity quotient variable and academic stress in class XII high school students in the city of Yogyakarta. The results of the analysis show that the correlation coefficient is 0,585 with a significance value of 0,000. Based on the results of the analysis, there is a negative relationship between the adversity quotient and academic stress in students. The higher the students' adversity quotient, the lower their academic stress, and conversely, the lower the students' adversity quotient, the higher their academic stress.

Keywords : Adversity Quotient, Academic Stres, Student, Yogyakarta

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