

ABSTRAK

Deri Meigawati, 0901015. (2014). Profil Stres Akademik Ditinjau Dari Keyakinan Diri Akademik (Studi Deskriptif terhadap Siswa Kelas X SMA N 19 Bandung Tahun Ajaran 2013/2014)

Penelitian ini dilatarbelakangi oleh banyaknya peserta didik terutama siswa SMA yang mengalami stres akademik. Tujuan penelitian ini adalah untuk mengetahui gambaran umum gejala stres akademik dan keyakinan diri akademik pada siswa SMA serta keterkaitan antara keduanya. Penelitian menggunakan pendekatan kuantitatif dengan metode deskriptif. Hasil Penelitian menunjukkan: (1) gambaran umum gejala stres akademik siswa kelas X berada pada kategori sedang; (2) gambaran umum keyakinan diri akademik siswa kelas X berada pada kategori sedang; (3) adanya korelasi negatif antara stres akademik dengan keyakinan diri akademik siswa

Kata Kunci: *profil stres akademik, keyakinan diri akademik*

ABSTRACT

Deri Meigawati, 0901015. (2014). Academic Profile of Stress Based On Student Self Confidence (Descriptive Study of Students Against Class X SMA N 19 Bandung Academic Year 2013/2014)

This research is motivated by a number of students, especially high school students who experience academic stress. The purpose of this study was to determine the general description of academic stress symptoms and academic self-confidence in high school students and the linkages between them. The study uses a quantitative approach with descriptive methods. Results showed: (1) a general overview of academic stress symptoms tenth grade students who are in the medium category, (2) a general overview of academic self-confidence tenth grade students who are in the medium category, (3) the correlation between academic stress symptoms with academic self-confidence students, (4) description of the academic guidance program to reduce academic stress symptoms and improve academic confidence class X SMA N 19 Bandung Academic Year 2013/2014.

Keywords: *academic stress profiles, academic confidence*

Deri Meigawati, 2014

Profil stres akademik ditinjau dari keyakinan diri akademik siswa

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