

## ABSTRAK

Penelitian dilatarbelakangi oleh fenomena siswa kurang dapat mengalami *flow* dalam kegiatan akademik. Penelitian bertujuan mendeskripsikan *flow* akademik siswa di SMP Negeri 9 Bandung. Pendekatan penelitian yang dilakukan kuantitatif dengan desain survei. Sampel dalam penelitian ini adalah siswa SMP Negeri 9 Bandung sebanyak 296 orang. Instrumen yang digunakan dalam penelitian mengadaptasi *Flow State Scale II* milik Jackson & Enklund (2002) dengan 32 butir yang valid dan Cronbach Alpha's sebesar 0,982 dalam bentuk skalarating. Teknik analisis menggunakan statistik parametrik. Temuan penelitian menunjukkan (1) *flow* akademik siswa berada pada kategori tinggi, (2) Aspek yang berada pada kategori tinggi adalah *immediate and clear feedbacks, concentration on task at hand, sense of control, loss of self-consciousness, dan transformation of Time*. Aspek yang berada pada kategori sedang adalah *challenge-skill balance dan action-awareness merging*, (3) faktor-faktor yang mempengaruhi *flow* akademik siswa yaitu fisik dan psikis siswa, ruang kelas, dan sikap serta keteladanan guru, dan (4) telah cukup optimalnya upaya yang dilakukan oleh guru dalam meningkatkan *flow* akademik siswa.

**Kata Kunci:** *flow* akademik, remaja, faktor, upaya

## **ABSTRACT**

*The research based on the phenomenon of less flow in academic activities. The study aims to describe the flow of academic students of 9 junior high school Bandung. The approach of the research was quantitative with survey design. The sample in this study were students of 9 junior high school Bandung as many as 296 people. The instruments used in this research adapted from Flow State Scale (FSS-II), developed by Jackson&Enklund (2002) with 32 valid items and the Cronbach Alpha's was 0.982, in the form of rating scale. The technical analysis of data used parametric statistic. The research findings indicate (1) a student's academic flow at the high category, (2) aspects that are in the high category is immediate and clear feedbacks, concentration on the task at hand, a sense of control, loss of self-consciousness, and the transformation of Time. While aspects of the middle category is challenge-skill balance and action-awareness merging, (3) factors that affect the flow of academic students: physical and psychological students, classrooms, and the attitude and model teachers, and (4) past quite optimal efforts made by teachers to improve their students' academic flow.*

**Keywords:***Academic flow, adolescents, factors, efforts*