

**PENGARUH *PERCEIVED SOCIAL SUPPORT* DAN
PERCEIVED ACADEMIC STRESS TERHADAP
HAPPINESS REMAJA SMA NEGERI FAVORIT DI
KOTA BANDUNG**

ABSTRAK

Rifqi Ulul Azmi (1304062). Pengaruh *Perceived social support* dan *perceived academic stress* terhadap *happiness* remaja SMA Negeri Favorit di kota Bandung. Skripsi pada Departemen Psikologi Fakultas Ilmu Pendidikan Indonesia, Bandung (2018).

Penelitian ini bertujuan untuk melihat pengaruh *Perceived social support* dan *perceived academic stress* terhadap *happiness* remaja SMA Negeri Favorit di kota Bandung dengan responden penelitian berjumlah 386 responden. Metode penelitian yang digunakan adalah metode kuantitatif. Instrumen terdiri atas *Multidimensional Scale of Perceived Social Support* (MSPSS), *The Perception Academic Stress Scale* (PASS) dan *Oxford Happiness Questionnaire* (OHQ) yang telah diterjemahkan ke dalam bahasa Indonesia. Analisis data dilakukan dengan menggunakan teknik analisis regresi linier dan regresi berganda. Hasil yang diperoleh menunjukkan bahwa terdapat pengaruh antara *perceived social support* dan *perceived academic stress* terhadap *happiness*. Artinya bahwa *perceived social support* dan *perceived academic stress* menjadi faktor yang dapat menjelaskan tingkat *happiness* remaja SMA Negeri Favorit di kota Bandung.

Kata Kunci: *perceived social support*, *perceived academic stress*, *happiness*.

**EFFECET OF PERCEVIED SOCIAL SUPPORT AND
PERCEIVED ACADEMIC STRESS TOWARD HAPPINESS
IN FAVORITE SENIOR HIGH SCHOOLS ADOLESCENTS ON
BANDUNG CITY**

ABSTRACT

Rifqi Ulul Azmi (1304062). Effect of perceived social support and perceived academic stress toward happiness in favorite senior high sechools on Bandung city. Department of Psychology, Faculty of Education Science, Universitas Pendidikan Indonesia, Bandung (2018).

This study is aimed to determine the effect perceived social support and perceived academic stress toward happiness in favorite senior high schools on Bandung city with total of 386 adolesence. This research uses design with quantitative approach. The instruments used in this study is Multidimensional Scale of Perceived Social Support (MSPSS), The Perception Academic Stress Scale (PASS) and Oxford Happiness Questionnaire (OHQ). Data collected is analyzed by using linear regression and multiple regression analysis technique. The results obtained show that there is influence between perceived social support and perceived academic stress on happiness among favorite senior high sechools adolesence on Bandung city. It means that perceived social support and perceived academic stress become the factors which explain the level of happiness among favorite senior high sechools adolescents on Bandung city.

Keywords: *perceived social support, perceived academic stress, happiness.*