

**LAYANAN HIPOTETIK KONSELING KELOMPOK UNTUK
MENGATASI STRES AKADEMIK**

(Studi Kasus terhadap Siswa Kelas XI DPIB SMK Negeri 5 Bandung
Tahun Ajaran 2018/ 2019)

SKRIPSI

**diajukan sebagai prasyarat mendapatkan gelar Sarjana
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oleh

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Sarjana Pendidikan pada Fakultas Ilmu Pendidikan

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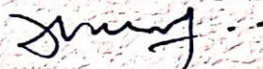
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ABSTRAK

Khoerunnisa Fauziyyah. 1405771. Layanan Hipotetik Konseling Kelompok untuk Mengatasi Stres Akademik (Studi Kasus terhadap Siswa XI DPIB SMK Negeri Bandung Tahun Ajaran 2018/2019).

Penelitian dilatarbelakangi oleh adanya indikasi gejala stres akademik di kalangan siswa. Stres akademik merupakan stres yang berhubungan dengan kegiatan belajar siswa di sekolah. Penelitian ini bertujuan untuk menggambarkan secara empirik latar belakang keluarga, *stressor* akademik, dampak stres akademik, dan *coping stress*. Subjek penelitian 4 orang peserta didik kelas XI DPIB SMK Negeri 5 Bandung Tahun Ajaran 2018/2019. Pendekatan penelitian menggunakan pendekatan kualitatif dengan metode studi kasus. Metode pengumpulan data menggunakan wawancara, observasi, dan studi dokumentasi. Hasil penelitian terhadap 4 peserta didik kelas XI DPIB SMK Negeri 5 Bandung menunjukkan mengalami stres akademik. Terdapat faktor-faktor yang mempengaruhi 4 orang peserta didik mengalami stres akademik, yaitu faktor eksternal. Faktor eksternal meliputi pola asuh yang relatif berbeda, pola makan dan pola tidur yang tidak teratur, mendapatkan tugas yang banyak dari guru, dan tidak memahami cara mengajar guru. Dampak stres akademik yang ditunjukkan 4 orang peserta didik adalah reaksi fisik dan reaksi perilaku. *Coping stress* yang dilakukan 4 orang peserta didik adalah *emotional-focused coping*. Rekomendasi penelitian ini ditunjukkan kepada program studi bimbingan dan konseling, guru bimbingan dan konseling, dan peneliti selanjutnya.

Kata Kunci: stres akademik, siswa SMK, *stressor* akademik, *coping stress*.

ABSTRACT

Khoerunnisa Fauziyyah. 1405771. Hypothetical Services for Group Counseling to Overcome Academic Stress (Case Study of Student XI DPIB Bandung State Vocational School Year 2018/2019).

The research is motivated by an indication of symptoms of academic stress among students. Academic stress is stress related to student learning activities at school. This study aims to describe empirically family backgrounds, academic stressors, the impact of academic stress, and stress coping. The research subjects were 4 students of class XI DPIB SMK Negeri 5 Bandung Academic Year 2018/2019. The research approach uses a qualitative approach with a case study method. The method of collecting data uses interviews, observation, and documentation studies. The results of the study of 4 students of class XI DPIB SMK Negeri 5 Bandung showed experiencing academic stress. There are factors that affect 4 people experiencing academic stress, namely external factors. External factors include relatively different parenting patterns, irregular eating patterns and sleep patterns, getting many assignments from the teacher, and not understanding how to teach the teacher. The impact of academic stress shown by 4 students is physical reactions and behavioral reactions. Stress coping by 4 students is emotional-focused coping. The recommendations of this study are shown to the guidance and counseling study program, guidance and counseling teacher, and further researchers.

Keywords: academic stress, vocational students, academic stressors, coping stress.

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