

ABSTRAK

**PENGARUH PROGRESSIVE MUSCLE RELAXATION DAN TRY OUT
UJIAN NASIONAL TERHADAP TINGKAT KECEMASAN
MENGHADAPI UJIAN NASIONAL
Studi Eksperimen Pada Siswa Kelas XII Sekolah Asrama (Boarding School)
Dan Sekolah Umum (Non-Boarding School) Di Kota Sukabumi**

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Tujuan penelitian untuk mengetahui pengaruh *progressive muscle relaxation* dan *try out* ujian nasional terhadap penurunan tingkat kecemasan menghadapi ujian nasional. Metode yang digunakan adalah metode quasi eksperimen. Populasi siswa SMA kelas XII sekolah asrama dan sekolah umum di Kota Sukabumi dengan sampel masing-masing kelompok sebanyak 31 siswa dari SMA Hayatan Thayyibah dan SMAN 2 dengan menggunakan teknik *sampling jenuh* dan *sampling purposive*. Instrumen mengadopsi LWASQ berkaitan dengan indikator kecemasan. Hasil penelitian terdapat pengaruh yang signifikan latihan PMR dan TO terhadap tingkat kecemasan sekolah asrama dan juga sekolah umum serta terdapat perbedaan pengaruh latihan PMR dan TO terhadap tingkat kecemasan sekolah asrama dan sekolah umum menghadapi ujian nasional di Kota Sukabumi.

Kata kunci: *progressive muscle relaxation*, *try out* ujian nasional, sekolah asrama, sekolah umum, kecemasan.

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ABSTRACT

THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION AND TRY OUT OF NATIONAL EXAM TO THE LEVEL OF ANXIETY IN THE FACE OF NATIONAL EXAMINATION

Experimental Study on Class XII Students Boarding School and Non-Boarding School In Sukabumi City

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The purpose of the study was to investigate the effect of progressive muscle relaxation and try out of national exam on decreasing anxiety levels in the face of national examination. The method used is quasi experimental method. The population of high school students of class XII boarding school and public school in Sukabumi city with the sample of each group of 31 students from Hayatan Thayyibah and SMAN 2 High School by using saturated sampling and purposive sampling technique. Instruments adopted LWASQ relate to modified anxiety indicators. The results of the study showed significant effect of PMR and TO training on the anxiety level of boarding schools as well as public schools and there were differences in the effect of PMR and TO training on the anxiety level of boarding schools and public schools facing the national exam in Sukabumi.

Keywords: progressive muscle relaxation, try out national examination, boarding school, non-boarding school, anxiety.

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