

ABSTRAK

Dini Karlina Siti H, 1406083. (2019). Kecenderungan Strategi Pengelolaan Stres Akademik Peserta Didik

Penelitian ini bertujuan untuk memperoleh gambaran deskriptif strategi pengelolaan stres akademik peserta didik kelas XI SMK Negeri 1 Sumedang Tahun Ajaran 2018/2019. Penelitian menggunakan pendekatan kuantitatif dengan metode deskriptif dan desain survei. Subjek penelitian adalah peserta didik kelas XI jurusan Elektro, Listrik, Komputer, Otomotif dan Seni Karawitan, berjumlah 361 peserta didik, dengan menggunakan teknik sampel jenuh. Proses pengumpulan data menggunakan instrumen dengan dua alternatif pilihan jawaban. Temuan penelitian menunjukkan (1) kecenderungan umum strategi pengelolaan stres akademik peserta didik berada pada kategori *problem focused coping*; (2) kecenderungan strategi pengelolaan stres akademik peserta didik berdasarkan jenis kelamin berada pada *problem focused coping*, dan; (3) kecenderungan strategi pengelolaan stres akademik peserta didik berdasarkan jurusan berada pada *problem focused coping*. Rekomendasi penelitian ditujukan kepada guru bimbingan dan konseling dan peneliti selanjutnya.

Kata kunci: Strategi Pengelolaan, Stres Akademik, *Problem Focused Coping*, *Emotion Focused Coping*

ABSTRAK

Dini Karlina Siti H, 1406083. (2019). *Trends of Students' Academic Stress Coping Strategies*

This study aims to obtain a describe of students' coping strategies for academic stress of 11th at SMK Negeri 1 Sumedang. The approaches used are quantitative with descriptive method and research design of survey. The subject of this study were students of 11th grade major in electro, electricity, computer, automotive, and karawitan art, totaling 361 students, using a saturated samples tehnik. The data collection process is through instruments of two alternative answer choices. The result of the study have shown (1) trends of students' academic stress coping strategy in the problem focused coping category; (2) trends of students' academic stress coping strategy based on gender in the problem focused coping category, and; (3) trends of students' academic stress coping strategy based on majors in the problem focused coping category. Research recommendations are addressed to counseling teachers, and next researcher.

Keywords: *Coping Strategy, Academic Stress, Problem Focused Coping, Emotion Focused Coping*