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**PENGARUH KETERLIBATAN ORANG TUA DAN *GRIT* TERHADAP
STRES AKADEMIK PADA SISWA SEKOLAH MENENGAH ATAS
DI KOTA BANDUNG**

SKRIPSI

Diajukan untuk Memenuhi Salah Satu Syarat
Memperoleh Gelar Sarjana Psikologi Fakultas Ilmu Pendidikan
Universitas Pendidikan Indonesia



Disusun oleh:

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FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA**

2022

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ABSTRAK

Ashila Khalda (1800423). Pengaruh Keterlibatan Orang Tua dan *Grit* terhadap Stres Akademik Pada Siswa Sekolah Menengah Atas di Kota Bandung. Skripsi. Program Studi Psikologi. Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. Bandung. (2022).

Penelitian ini dilakukan bertujuan untuk mengetahui pengaruh keterlibatan orang tua dan *grit* terhadap stres akademik pada siswa SMA di Kota Bandung. Sampel ($N = 407$) adalah siswa SMA di Kota Bandung. Responden diambil menggunakan teknik *accidental sampling*. Alat ukur penelitian ini dibuat oleh peneliti berdasarkan teori Grolnick dan Slowiaczek (1994) untuk mengukur keterlibatan orang tua, dengan reliabilitas instrumen sebesar $r = 0,892$. Untuk mengukur stres akademik menggunakan instrumen yang telah diadaptasi oleh Putri (2017) yaitu *Educational Stress for Adolescents* (ESSA) dengan reliabilitas instrumen sebesar $r = 0,808$. Sedangkan untuk mengukur *grit* menggunakan instrumen yang telah diadaptasi oleh Akmal (2021) *Academic Grit Scale* (AGS) dengan reliabilitas instrumen sebesar $r = 0,896$. Hasil penelitian menunjukkan bahwa terdapat pengaruh keterlibatan orang tua dan *grit* terhadap stres akademik pada siswa SMA di Kota Bandung.

Kata kunci: keterlibatan orang tua, *grit*, stres akademik, siswa SMA

ABSTRACT

Ashila Khalda (1800423). *The Effect of Parental Involvement and Grit on Academic Stress among High School Students in Bandung. A thesis of Psychology Department, Faculty of Education, Indonesia University of Education. Bandung. (2022).*

This research was conducted with the aim of testing the effect of parental involvement and grit on academic stress among high school students in Bandung. The sampel (N = 407) are high school students in Bandung. The sampling technique used accidental sampling, which fill out a questionnaire that has been made by researchers based on the theory of Grolnick and Slowiaczek (1994) for parental involvement measure with a reliability of 0,89. For the academic stress measure, the instrument has been adapted by Putri (2017), that is Educational Stress for Adolescents (ESSA) with a reliability 0,808, and For grit measure, the instrument has been adapted by Akmal (2021), that is Academic Grit Scale with a reliability of 0,896. The result there is a correlation between parental involvement and grit on academic stress among high school students in Bandung.

Key Word: *parental involvement, grit, academic stress, high school students*

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