

**KECENDERUNGAN *STRESS MINDSET* PESERTA DIDIK SERTA
IMPLIKASINYA BAGI LAYANAN BIMBINGAN PRIBADI**

(Studi Deskriptif terhadap Peserta Didik Kelas X SMA Negeri 1 Cimahi
Tahun Ajaran 2022/2023)

SKRIPSI

Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana
Pendidikan dalam bidang Bimbingan dan Konseling



oleh

Sheila Rotsati Jasmine

NIM 1704635

**PROGRAM STUDI PSIKOLOGI PENDIDIKAN DAN BIMBINGAN
FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA
2022**

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Sebuah skripsi yang diajukan untuk memenuhi sebagian syarat untuk memperoleh
gelar Sarjana Pendidikan dalam Bidang Keilmuan Bimbingan dan Konseling
Fakultas Ilmu Pendidikan

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Agustus 2022

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LEMBAR PENGESAHAN

SHEILA ROTSATI JASMINE

NIM 1704635

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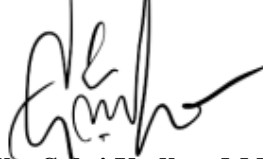
Pembimbing I



Dr. Nandang Budiman, M.Si

NIP. 197102191998021001

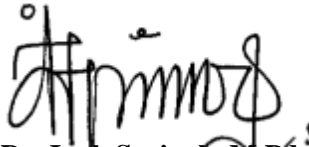
Pembimbing II



Dr. Eka Sakti Yudha., M.Pd

NIP.198308292010121004

**Mengetahui,
Ketua Program Studi Bimbingan dan Konseling
Fakultas Ilmu Pendidikan
Universitas Pendidikan Indonesia**



Dr. Ipah Saripah, M.Pd

NIP. 19771014 200112 2001

LEMBAR PERNYATAAN

Saya menyatakan skripsi dengan judul “Kecenderungan *Stress mindset* Peserta Didik Serta Implikasinya Bagi Layanan Bimbingan Pribadi’ (Studi Deskriptif Terhadap Peserta Didik Kelas X SMA Negeri 1 Cimahi Tahun Ajaran 2022/2023) ini beserta seluruh isinya adalah benar-benar karya seni sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan yang telah saya berikan, saya siap menanggung risiko/sanksi apabila di kemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya.

Bandung, Agustus 2022

Sheila Rotsati Jasmine
NIM 1704635

ABSTRAK

Sheila Rotsati Jasmine (2022). Kecenderungan *Stress Mindset* Peserta Didik Serta Implikasinya Bagi Layanan Bimbingan Pribadi (Studi Deskriptif Terhadap Peserta Didik Kelas X Sma Negeri 1 Cimahi Tahun Ajaran 2022/2023).

Stress merupakan hal yang tidak dapat dihindari dari kehidupan masa remaja yang penuh dengan perubahan. Stress mindset merupakan keyakinan individu mengenai sifat stress sebagai sesuatu yang dapat meningkatkan atau melemahkan. *Stress mindset* merupakan variable independent yang dapat mempengaruhi stress pada remaja. Penelitian bertujuan untuk mendeskripsikan kecenderungan stress mindset peserta didik kelas X SMA Negeri 1 Cimahi dengan menggunakan pendekatan kuantitatif dan metode deskriptif. Adapun sampel dalam penelitian berjumlah 261 orang. Hasil penelitian menunjukkan sebanyak 27% peserta didik memiliki kecenderungan *stress-is-debilitating mindset* dan sebanyak 73% peserta didik memiliki kecenderungan *stress-is-enhancing mindset*.

Kata Kunci : *Stress mindset, mindset, peserta didik SMA*

ABSTRACT

Sheila Rotsati Jasmine (2022). The Tendency of Stress Mindset Student and Its Implication fo Personal Guidance Service (Descriptive Study of Class X at SMA Negeri 1 Cimahi for the Academic Year 2022/2023).

Stress is an unavoidable part of teenage life which is full of changes. Stress is an individual's belief about the nature of stress as something that can increase or increase. Mindset stress is an independent variable that can affect stress in adolescents. This study aims to describe the tendency of students' mindset in class X SMA Negeri 1 Cimahi. This research uses quantitative approach and descriptive method. The sample in this study found 261 people. The results showed that 27% of students had a stress-is-debilitating mindset and 73% of students had a stress-is-enhancing mindset.

Keywords: Stress mindset, mindset, high school students

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