

## ABSTRAK

Elya Indriani, 111611133008, Pengaruh Dukungan Sosial Terhadap Stres Akademik pada Siswa SMA di Surabaya, Skripsi, Fakultas Psikologi Universitas Airlangga, 2020.

xx+ 89 Halaman, 31 Lampiran.

Penelitian ini bertujuan untuk mengetahui pengaruh dukungan sosial terhadap stres akademik pada siswa SMA di Surabaya. Penelitian ini melibatkan 225 siswa SMA di Surabaya. Pengumpulan data dilakukan dengan metode survey. Alat pengumpulan data berupa kuesioner skala *Child and Adolescent Social Support Scale / CASSS* yang dikembangkan oleh Malecki & Demaray (2002), dan skala *Educational Stress Scale for Adolescents / ESSA* yang dikembangkan oleh Sun, Dunne & Hou (2011). Analisis data dilakukan dengan menggunakan Teknik statistik regresi linear sederhana dengan bantuan SPSS.

Hasil dari penelitian ini menunjukkan bahwa terdapat pengaruh yang signifikan ( $p = 0,018$ ,  $p < 0,05$ ,  $R = 0,157$ ) antara dukungan sosial dan stres akademik. Dari hasil persamaan analisis regresi juga didapatkan persamaan yaitu  $Y = 49.982 + (-0.039)$ . Dapat disimpulkan bahwa dukungan sosial berpengaruh negatif terhadap stres akademik yang artinya semakin tinggi dukungan sosial akan menurunkan stres akademik pada siswa SMA di Surabaya.

Kata kunci: dukungan sosial, stres akademik, siswa  
Daftar Pustaka, 129 (1976-2019)

**ABSTRACT**

*Elya Indriani, 111611133008, The Effect of Social Support on High School Students' Academic Stress in Surabaya, Undergraduate Thesis, Airlangga University Faculty of Psychology, 2020  
xx+ 89 Pages, 31 Appendices.*

*This research aims to find out the effect of social support on high school students' academic stress in Surabaya. This research involved 225 high school students in Surabaya. The data collection are using a survey method. Instruments used in this research are the Childhood and Adolescent Social Support (CASSS) questionnaire scale developed by Malecki & Demaray (2002), and Educational Stress Scale for Adolescents (ESSA) developed by Sun, Dunne, & Hou (2011). Data analysis was performed using simple linear statistical regression techniques using SPSS programs.*

*The result of this research shows that there is a significant effect ( $p=0,018$ ,  $p<0,05$ ,  $R=0,157$ ) between social support and academic stress. From the result of regression equation, also obtained the equation  $Y=49,982 + (-0,039)$ . That equation shows that social support has a negative effect on academic stress. It can be concluded that social support has a negative effect on academic stress, which means the higher social support will reduce academic stress on high school students in Surabaya.*

**Keywords:** *social support, academic stress, students.*  
*References, 129 (1976-2019)*