

HUBUNGAN ANTARA *SELF-COMPASSION* DENGAN STRES AKADEMIK PADA SISWA SEKOLAH MENENGAH ATAS

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INTISARI

Stres akademik merupakan tekanan psikologis yang berasal dari berbagai kegiatan akademik yang menyebabkan siswa tidak mampu mengontrol dirinya, sehingga berdampak pada kesehatan mental siswa (Sun, 2013). Salah satu faktor internal yang dapat dilakukan untuk menghindari stres akademik adalah *self-compassion*. Penelitian ini bertujuan untuk mengetahui hubungan *self-compassion* dengan stres akademik pada siswa SMA. Populasi penelitian sebanyak 291 siswa yang bersekolah di SMA Muhammadiyah 3 Jember, terdiri atas kelas X dan XI. Pengambilan sampel menggunakan teknik *simple random sampling* sehingga diperoleh sebanyak 158 siswa. Data penelitian ini diperoleh melalui dua instrumen yang telah dimodifikasi yaitu skala stres akademik dan skala *self-compassion*. Metode analisis data menggunakan analisis korelasi *Pearson Product Moment* dengan hasil nilai sig. (*2-tailed*) sebesar $0,000 < 0.05$ dan nilai *Pearson Correlation* sebesar -0.298. Hal ini menunjukkan bahwa H_1 diterima, artinya terdapat hubungan antara *self-compassion* dengan stres akademik pada siswa SMA dengan arah hubungan negatif.

Kata Kunci: Stres Akademik, *Self-Compassion*, Siswa SMA

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***THE RELATIONSHIP BETWEEN SELF-COMPASSION AND ACADEMIC
STRESS IN HIGH SCHOOL STUDENTS***

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ABSTRACT

Academic stress is a psychological pressure that comes from various academic activities, which can lead students to lose control over themselves and ultimately affect their mental health (Sun, 2013). One internal factor that can help prevent academic stress is self-compassion. This study aims to examine the relationship between self-compassion and academic stress among high school students. The population consisted of 291 students from SMA Muhammadiyah 3 Jember, comprising 10th and 11th graders. The sample was selected using a simple random sampling technique, resulting in a total of 158 students. The data were collected through two modified instruments: the academic stress scale and the self-compassion scale. Data analysis was conducted using the Pearson Product Moment correlation method, yielding a significance value (2-tailed) of $0.000 < 0.05$ and a Pearson correlation coefficient of -0.298 . These results indicate that H_1 is accepted, meaning there is a significant relationship between self-compassion and academic stress among high school students, with a negative direction of the relationship.

Keyword: Academic Stress, Self-Compassion, High School Students

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