

Hubungan Pola Asuh dan Tingkat Spiritualitas dengan Tingkat Stres Akademik pada Siswa di Sekolah Berbasis Islam = The Relationship of Parenting Style and Spirituality Level with Academic Stress Level in Students of an Islamic-Based School

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Abstrak

ABSTRAK

Siswa di sekolah berbasis Islam rentan mengalami stres akademik. Pola asuh yang sesuai dari orangtua dapat menurunkan stres akademik siswa. Di sisi lain, spiritualitas juga dapat menjadi sumber koping bagi individu. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara pola asuh dan tingkat spiritualitas dengan tingkat stres akademik siswa di sekolah berbasis Islam. Pene korelasi dengan pendekatan cross-sectional. Pengumpulan data dilakukan secara online terhitung sejak 03 April 10 Mei 2020 dengan sampel sejumlah 109 siswa kelas XII di sekolah berbasis Islam MAN Jakarta Timur yang diambil dengan metode simple random sampling. Instrumen The Parental Care Style Questionnaire digunakan untuk mengidentifikasi pola asuh orangtua, instrumen Spiritual Involvement and Beliefs Scale untuk mengukur tingkat spiritualitas, dan instrumen Educational Stress Scale for Adolescents untuk mengukur tingkat stres akademik. Berdasarkan hasil analisis korelasi Pearson (CI 95%), peneliti menemukan bahwa terdapat hubungan bermakna negatif antara pola asuh demokratis dengan tingkat stres akademik ($p=0,000$), terdapat hubungan bermakna positif antara pola asuh otoriter dengan tingkat stres akademik ($p=0,036$), dan terdapat hubungan bermakna negatif antara pola asuh permisif dengan tingkat stres akademik ($p=0,005$). Pola asuh demokratis memiliki hubungan yang paling signifikan dengan tingkat stres akademik dibandingkan dengan pola asuh otoriter dan permisif. Hasil analisis korelasi Pearson juga menunjukkan adanya hubungan yang signifikan dan bermakna negatif antara tingkat spiritualitas dengan tingkat stres akademik pada siswa di sekolah berbasis Islam ($p=0,000$). Hasil penelitian ini dapat membantu pengembangan pelayanan, pendidikan, dan penelitian keperawatan. Orangtua diharapkan untuk menerapkan pola asuh demokratis dan sekolah agar dapat membuat program untuk meningkatkan spiritualitas siswa dalam rangka mengurangi stres akademik.....

Students in Islamic-based schools are vulnerable to experiencing academic stress. An appropriate parenting style from parents can reduce it. Besides, spirituality can be a source of coping for individuals. This study aims to identify the correlation between parenting style and level of spirituality with academic stress level in students of Islamic-based school. Descriptive correlative with cross-sectional approach was used. Data was collected online starting from April 3rd to May 10th, 2020 with a total of 109 respondents of 12th-grade senior students at Islamic-based high school MAN Jakarta Timur. Respondents were selected by simple random sampling. The Parental Care Style Questionnaire was used to identifying parenting style, the Spiritual Involvement and Beliefs Scale was used to measuring spirituality level, and the Educational Stress Scale for Adolescents was used to measuring academic stress level. Data were analysed using Pearson correlation analysis (CI 95%). Results showed that there was a negative correlation between the democratic parenting style with academic stress level ($p=0.000$), there was a positive correlation between the authoritative parenting style with academic stress level ($p=0.036$), and there was a negative correlation

between the permissive parenting style with academic stress level ($p=0.005$). The democratic parenting style had the most significant correlation with academic stress level than the authoritative and permissive parenting style. The finding also showed that there was a significant negative correlation between the level of spirituality and academic stress level in students of the Islamic-based school ($p=0.000$). Results from this study can be used to develop nursing practice, education, and research. In addition, parents are expected to be able to use a democratic parenting style, and schools can develop some programs to increase student's spirituality to reduce academic stress level