

# Hubungan Tingkat Stres dengan Motivasi Belajar Siswa-Siswi Kelas XII SMA Negeri Wilayah Jakarta Timur pada Masa Transisi Pandemi COVID-19 = The Correlation between Stress Level and Learning Motivation of Class XII Students in East Jakarta Regional Public High School during the COVID-19 Pandemic Transition Period

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## Abstrak

Pandemi COVID-19 berdampak pada berbagai aspek termasuk pendidikan, mencakup tingkat stres dan motivasi belajar siswa kelas XII SMA. Prevalensi tinggi pada tingkat stres di masa pandemi maupun transisi kerap kali ditemui, terutama pada siswa-siswi. Penelitian ini bertujuan untuk mengidentifikasi hubungan tingkat stres dan motivasi belajar siswa-siswi kelas XII SMA wilayah Jakarta Timur di masa transisi pandemi COVID-19. Sampel penelitian ini adalah 434 siswa-siswi SMA di Wilayah Jakarta Timur dengan desain penelitian deskriptif korelasional, pendekatan kuantitatif cross-sectional. Penelitian ini menggunakan instrumen Perceived Stress Scale (PSS-10) dan Motivated Strategies for Learning Questionnaire (MSLQ). Hasil penelitian dilakukan dengan Uji T-Test menghasilkan adanya hubungan signifikan antara tingkat stres dan motivasi belajar siswa-siswi kelas XII SMAN Wilayah Jakarta Timur pada Masa Transisi Pandemi COVID-19 (P Value=0,014). Berdasarkan hasil penelitian, peneliti merekomendasikan seluruh pihak termasuk institusi pendidikan untuk melakukan berbagai upaya yang dapat meminimalisir tingginya tingkat stres, meningkatkan motivasi belajar, melakukan bimbingan konseling, dan mengevaluasi program pendidikan baik secara umum maupun secara khusus melalui kebutuhan dasar, kesehatan mental keluarga, anak, dan komunitas.

.....The COVID-19 pandemic impacted various aspects such as education, stress levels, and learning motivation of class XII high school students. A high prevalence of stress levels during pandemics and transitions is often found, especially among students. This study aims to identify the relationship between stress levels and learning motivation of class XII students at East Jakarta regional high school during the transition period of the COVID-19 pandemic. The sample of this research was 434 high school students in East Jakarta with a correlational descriptive research design and a cross-sectional quantitative approach. This study used the Perceived Stress Scale (PSS-10) and Motivated Strategies for Learning Questionnaire (MSLQ) instruments. The results of the research were carried out using the T-Test which resulted in a significant relationship between stress levels and learning motivation of class XII students in East Jakarta Regional Public High School during the COVID-19 Pandemic Transition Period (P Value = 0.014). Based on the research findings, the researchers recommend all parties together with educational institutions to make various efforts in order to minimize high levels of stress, increase learning motivation, conduct counseling, and evaluate educational programs both in general and specifically through basic needs, family mental health, children, and community.