

Gambaran Tingkat Stres dan Tingkat Ansietas Siswa Kelas XII Dalam Menghadapi Seleksi Masuk Perguruan Tinggi = Descriptive Study of Stress Levels and Anxiety Levels of Grade XII High School Students in Facing the College Entrance Selection

Asy-Syifa Khoirunisa, author

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Abstrak

Seleksi masuk perguruan tinggi memberikan tekanan yang menyebabkan stres dan ansietas pada siswa. Penelitian ini bertujuan mengetahui gambaran tingkat stres dan tingkat ansietas siswa dalam menghadapi seleksi masuk perguruan tinggi. Metode yang digunakan yaitu studi deskriptif. Penelitian ini dilakukan terhadap 371 siswa-siswi sekolah menengah atas dan diukur menggunakan instrumen Depression, Anxiety, and Stress Scale (DASS-21). Hasil analisis data univariat menunjukkan sebanyak 34,8% siswa mengalami stres normal, 16,2% mengalami stres berat, dan 11,8% mengalami stres sangat berat, serta sebanyak 26,4% siswa mengalami ansietas panik. Peneliti merekomendasikan penelitian lanjutan mengenai hubungan faktor stres dan ansietas siswa dalam menghadapi seleksi masuk perguruan tinggi.

.....The College entrance selection puts pressure on students, which causes stress and anxiety. This research aims to describe the stress and anxiety levels of students facing college entrance selection, uses a descriptive study. This research was conducted on 371 high school students, and using the Depression, Anxiety, and Stress Scale (DASS-21) instrument. The univariate analysis results showed that 34,8% students experienced normal stress, 16,2% experienced severe stress, 11,8% experienced extremely severe stress, and also 26,4% students experienced panic anxiety. The researcher recommends conducting further research on the relationship of factors related to student stress and anxiety when facing college entrance selection.