

ACADEMIC STRESS SOURCES IN JUNIOR HIGH SCHOOL

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ABSTRACT

This research is motivated by a variety of academic stressor cases that have negative impacts on students, including junior high school students who are still at the stage of adolescent development. Various studies and cases suggest that academic stressors cause problems of social, emotional, cognitive, and behavioral effects, often lead to death. The study and handling of a comprehensive academic stress need to find the source first, ie what are considered as causes of stress in students' academic fields. Research on sources of academic stress in various journals last 10 years (2005-20016) showed lack of academic research on the sources of stress for middle school students. Research on sources of academic stress at that time the vast majority (87.5%) carried on the graduate students and the rest (12.5%) of high school students. Yet perceptions of the sources of academic stress is different depending upon the subject and context. Thus, the main objective of this study was to determine the source of academic stress and the reason according to junior high school students. This study uses a mixed method approach by combining qualitative and quantitative methods. The subjects were 202 students derived from SMPN 1, SMPN 8, SMP Muhammadiyah 4, and MTs. Anwar Futuhiyyah, consisted of 117 male students and 85 female students. The research instrument is closed and open questionnaire that asks about the identity, stress academic experience, and its intensity, sources of academic stress and why. Analyzed using descriptive quantitative and qualitative data. The results showed that nearly all subjects (98%) had experienced academic stress intensity sometimes (57.4%), rarely (23.8%), frequent (16, 8%), and never (2%. There are individual differences in student's perception of academic stress sources. The highest academic stress source according to student is the subject matter (26.7%) because it is difficult both in terms of workmanship, formulas, and memory. The second source of stress is the task because they are many, redundant and difficult process. The third source of stress is a test and a teacher with a percentage of 16.8% respectively. Exam is regarded as a source of stress because it is difficult to do and often done without any prior preparation. Teachers are considered as a source of stress because of fierce, angry, emotional, hard, likes to play a hand, impatient, snappy, stressful and cause a sense of dread. The fourth source of stress is the homework for students deemed too numerous.

Kata Kunci: *Academic stress, junior high school students*