

Hubungan stres dan coping dengan motivasi belajar remaja di sekolah berbasis islamic boarding school = The relationship between stress and coping with learning motivation of adolescents in islamic boarding school

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Abstrak

Stres diperkirakan dapat memengaruhi motivasi belajar. Remaja perlu melakukan coping untuk mencegah dampak stres tersebut. Penelitian ini bertujuan untuk mengetahui hubungan stres dan coping dengan motivasi belajar remaja di sekolah berbasis Islamic boarding school. Desain penelitian ini adalah cross sectional. Responden penelitian berjumlah 108 remaja di SMPIT Al-Kahfi dengan teknik stratified random sampling. Hasil penelitian menunjukkan bahwa ada hubungan antara tingkat stres dengan tingkat motivasi belajar (p value: 0,006). Namun, tidak ada hubungan antara coping dengan tingkat motivasi belajar (p value: 0,824). Penelitian ini merekomendasikan institusi sekolah dan orang tua untuk lebih memperhatikan kondisi psikologis remaja di Islamic boarding school.

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Stress is expected to affect learning motivation. Adolescents need coping to prevent the effects of stress. This research is aimed to determine the relationship of stress and coping with learning motivation of adolescents in school-based Islamic boarding school. Design used in this research is cross sectional. Sample of this research are 108 adolescents in SMPIT Al-Kahfi and selected through stratified random sampling technique. The results showed there were a relationship between the level of stress and learning motivation (p value: 0,006). However, there was no relationship between coping and learning motivation (p value: 0,824). This research is recommended to the institution of the school and parents to pay more attention to the psychological condition of the students learning in Islamic boarding school.