

# Hubungan faktor-faktor dalam penerapan kurikulum 2013 dengan tingkat stres siswa kelas X dan XI SMA Negeri X Depok = Relationship between factors in implementation of curriculum 2013 with stress level in first and second grade student of X Senior High School Depok

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## Abstrak

[Kurikulum 2013 merupakan kurikulum baru yang ditetapkan pemerintah sebagai acuan dalam pendidikan. Terdapat faktor-faktor dalam penerapan Kurikulum tersebut yang mempengaruhi tingkat stres siswa yaitu beban pelajaran, diskusi, presentasi, teman sebaya, dan fasilitator. Penelitian ini bertujuan untuk mengidentifikasi hubungan faktor-faktor dalam penerapan kurikulum 2013 dengan tingkat stres siswa. Jumlah responden dalam penelitian ini yaitu 109 orang. Desain penelitian yang digunakan yaitu penelitian deskriptif korelatif dengan pendekatan cross sectional. Metode sampling yang digunakan yaitu simple random sampling. Hasil penelitian menunjukkan dari lima variabel, empat diantaranya mempunyai hubungan dengan tingkat stres, yaitu beban pelajaran, diskusi, presentasi, dan teman sebaya. Namun pada fasilitator tidak ditemukan hubungan dengan tingkat stres (nilai  $p=0,225$ ). Siswa lebih banyak mengalami tingkat stres sedang dalam penelitian ini. Strategi koping yang baik harus dimiliki setiap siswa agar dapat menangani stres dengan baik.

;Curriculum 2013 is a new curriculum that the government apply as a in education. There are factors in the curriculum that affect students' stress level such as subject difficulty, discussion, presentation, peer group, and facilitator. This aim of study is to identify the relationship between factors in implementation of curriculum 2013 with stress level in students of junior high school. There are 109 participants involved in this study The design of this study is descriptive correlative with cross sectional approach. Simple random sampling is used as sampling method. In results, there are 4 of 5 variables that correlate to stress level, such as subject difficulty, discussion, presentation, and peer group. There is no correlation between facilitator with stress ( $p\text{ value}=0,225$ ). There are more students that have moderate stress level in this study. They must have adaptive coping strategies in order to cope with stress well.

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