

Hubungan Kelekatan Teman Sebaya dengan Stres Akademik pada Remaja SMA = The Relationship of Peer Attachment with Academic Stress in High School Adolescents

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Abstrak

Remaja mengalami berbagai perubahan perkembangan yang pesat. Hal ini membuat remaja rentan mengalami masalah kesehatan akibat berbagai stressor yang dihadapi, salah satunya stres akademik. Kelekatan remaja dengan teman sebaya yang baik dapat mendorong remaja untuk terbuka satu sama lain sehingga dapat mengkomunikasikan permasalahan yang dialami satu sama lain. Tujuan penelitian untuk mengetahui adanya hubungan kelekatan teman sebaya dengan stres akademik pada remaja SMA. Penelitian menggunakan desain deskriptif analisis dengan pendekatan cross-sectional pada 208 siswa SMA kelas 12 dipilih dengan teknik convenience sampling. Kelekatan teman sebaya diidentifikasi menggunakan instrumen Inventory of Parent and Peer Attachment (IPPA) bagian peer version dan stres akademik menggunakan instrumen Education Stress Scale for Adolescence (ESSA). Hasil penelitian menunjukkan ada hubungan yang signifikan kelekatan teman sebaya dengan stres akademik pada remaja SMA ($p < 0.001$). Penelitian selanjutnya diharapkan dapat mengaitkan dengan faktor lain yang memengaruhi kelekatan teman sebaya dan/atau stres akademik pada remaja.

.....The developments in adolescence change rapidly. It makes adolescents vulnerable to health problems due to various stressors, one of them is academic stress. The good peer attachment of adolescents can encourage adolescents to be overt with each other so they can communicate their problems experienced to each other. This study is aimed to determine the relationship between peer attachment and academic stress in high school adolescents. This study was using a descriptive analysis with a cross-sectional design with 208 high school students grade 12th selected by convenience sampling technique. Peer attachments were identified using the Inventory of Parent and Peer Attachment (IPPA) peer version instrument and academic stress using the Education Stress Scale for Adolescence (ESSA) instrument. The results showed that there was a significant relationship between peer attachment and academic stress in high school adolescents ($p < 0.001$). This study recommends that further research can be linking with other factors that affect peer attachment and/or academic stress in adolescents.