

**PROGRAM STUDI SI KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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Imroatun Nafiah

**Hubungan Dukungan Sosial Teman Sebaya Terhadap Stres Akademik pada Siswa
SMPN 18 Pekanbaru**

xiv + 50 Halaman + 1 Skema + 13 tabel + 25 Lampiran

ABSTRAK

Stres akademik merupakan masalah yang sering dihadapi siswa akibat tuntutan belajar yang tinggi. Dukungan sosial teman sebaya berperan dalam mengurangi stres melalui dukungan emosional, informasional, dan instrumental. Tujuan penelitian ini untuk menganalisis hubungan antara dukungan sosial teman sebaya dengan stres akademik pada siswa kelas IX SMPN 18 Pekanbaru. Penelitian ini dilakukan pada tanggal 21 Januari 2025 di SMPN 18 Pekanbaru. Metode penelitian yang digunakan adalah kuantitatif dengan *desain cross-sectional*. Sampel penelitian berjumlah 136 siswa, yang dipilih menggunakan metode *stratified random sampling*. Instrumen penelitian berupa kuesioner yang diadopsi oleh Septiara (2023) yaitu nama kuesionernya ialah dukungan sosial teman sebaya dan stres akademik. Kuesioner ini telah diuji validitas dengan hasil *Cronbach's alpha* untuk dukungan sosial teman sebaya sebesar 0,935 dan stress akademik sebesar 0,907. Hasil penelitian menunjukkan lebih dari separuh responden memiliki dukungan sosial teman sebaya rendah yaitu sebanyak 49 (67,1%). Dan lebih dari separuhnya mengalami stress akademik tinggi sebanyak 78 (57,4%). Berdasarkan hasil analisis menggunakan uji *chi-square* didapatkan *p-value* $0,020 < 0,05$, yang menunjukkan adanya hubungan signifikan antara dukungan sosial teman sebaya dan stres akademik pada siswa SMPN 18 Pekanbaru. Hasil penelitian ini dapat menjadi masukan bagi pihak sekolah agar dapat meningkatkan program dukungan sosial teman sebaya dengan membentuk kelompok belajar atau mentoring antar siswa untuk mengurangi stress akademik.

Kata Kunci : Stress akademik, Dukungan sosial teman sebaya
Daftar Bacaan : 34 (2020-2024)

**BACHELOR OF NURSING PROGRAM
FACULTY OF NURSING PAYUNG NEGERI PEKANBARU INSTITUTE OF
HEALTH SCIENCE**

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Imroatun Nafiah

***The Relationship between Peer Social Support and Academic Stress in Students at
SMPN 18 Pekanbaru***

xiv + 50 Pages + 1 Scheme + 13 tables + 25 Appendices

ABSTRACT

Academic stress is stress caused by academic stressors. Academic stressors are stress experienced by students that originate from the learning process. Peer social support is one form of social support that is very important for teenagers. Peers provide a sense of togetherness, understanding and trust because they often experience similar things. Through this support, teenagers can feel more accepted and not alone in facing problems. The aim of this research is to analyze the relationship between social support from peers and academic stress in class IX students at SMPN 18 Pekanbaru. This research started from September to January at SMPN 18 Pekanbaru. The research method used is quantitative with a cross-sectional design. The research sample consisted of 136 students, selected using the stratified random sampling method. The research instrument is a questionnaire on peer social support and academic stress which has been tested for validity by Septiara (2023) with Cronbach's alpha results for peer social support of 0.935 and academic stress of 0.907. The research results showed that more than half of the respondents had low peer social support, namely 49 (67.1%). And more than half experienced high academic stress, 78 (57.4%). Based on the results of the analysis using the chi-square test, it was found that the p-value was $0.021 < 0.05$, which shows that there is a significant relationship between peer social support and academic stress in students at SMPN 18 Pekanbaru. The results of this research can be input for schools to improve the quality of peer social support to reduce academic stress in students.

Keywords : Academic stress, peer social support
Reading List : 34 (2020-2024)