# ABSTRAK

**Anggye Riyani Suhaimi. Hubungan Kontrol Diri Dengan Stres Akademik Pada Mata Pelajaran Ekonomi Siswa Kelas XI SMA Negeri 2 Percut Sei Tuan Tahun Ajaran 2023/2024. Skripsi. Program Studi Pendidikan Ekonomi. Fakultas Ekonomi. Universitas Negeri Medan. 2023.**

Metode dalam penelitian ini adalah metode kuantitatif dengan desain penelitian korelasional. Tujuan penelitian ini adalah menghubungkan kontrol diri dengan stres akademik pada mata pelajaran ekonomi siswa kelas XI SMA N 2 percut sei tuan tahun ajaran 2023/2024. Masalah Peneliti dalam penelitian ini adalah siswa kelas XI. Pengambilan sampel dalam penelitian ini menggunakan *Proportionate stratified random sampling*. Besar sampel adalah 100 orang siswa. Pengumpulan data dilakukan dengan menggunakan angket. Validitas angket diperoleh dengan Aiken's V serta uji reliabilitas diperoleh dengan uji Cronbach alpha. Uji hipotesis menggunakan rumus product moment dari pearson dengan bantuan *SPSS26 for windows*. Hasil analisis menunjukan $r = 0.522$ dan Rsquare $= 0,273$ serta nilai siginifikansi $0,000$ ($p < 0,05$). Berdasarkan hasil ini dikemukakan hipotesis penelitian: "terdapat hubungan kontrol diri dengan stres akademik". Mengingat hubungan ini negatif sebesar -.522 maka dapat dikemukakan kontrol diri berhubungan dengan stres akademik pada mata pelajaran ekonomi di SMA N 2 percut sei tuan diterima. Disarankan pada pembelajaran ekonomi dilaksanakan secara simultan dengan peningkatan kontrol diri siswa sehingga stres akademik siswa dapat dikendalikan.

**Kata Kunci : Kontrol Diri, Stres Akademik**

# ABSTRACT

**Anggye Riyani Suhaimi. The Relationship between Self-Control and Academic Stress in Economics Class XI Students of SMA Negeri 2 Percut Sei Tuan for Academic Year 2023/2024. Thesis. Economic Education Study Program. Faculty of Economics. Medan State University. 2023.**

The method in this study is a quantitative method with a correlational research design. The purpose of this study was to link self-control with academic stress in the economics subject of class XI students of SMA N 2 Percut Sei Tuan in the 2023/2024 academic year. Problems The researchers in this study were students of class XI. Sampling in this study using proportional stratified random sampling. The sample size is 100 students. Data collection is done by using a questionnaire. The validity of the questionnaire was obtained by Aiken's V and the reliability test was obtained by the Cronbach alpha test. Test the hypothesis using the product moment formula from pearson with the help of SPSS26 for windows. The results of the analysis showed $r = 0.522$ and Rsquare $= 0.273$ and a significance value of 0.000 ($p <0.05$). Based on these results, the research hypothesis was put forward: "there is a relationship between self-control and academic stress". Considering that this relationship is negative by -.522, it can be argued that self-control is related to academic stress in economics at SMA N 2 Percut, so Tuan accepted. It is recommended that economics learning be carried out simultaneously by increasing student self-control so that student academic stress can be controlled.

**Keywords : Self Control, Academic Stress**