

ABSTRAK

CELINE SEHANI BR SURBAKTI. Perbandingan Tingkat *Stress Academic* Siswa Berdasarkan Gender Pada Sistem *Full Day School* Kelas XI di SMA Negeri 1 Berastagi Kab. Karo T.A 2025/2026. Skripsi. Medan : Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2026.

Penelitian ini bertujuan untuk mengetahui perbedaan tingkat stres akademik berdasarkan gender pada sistem full day school kelas XI SMA Negeri 1 Berastagi Tahun Ajaran 2025/2026. Penelitian ini dilatar belakangi oleh tingginya tuntutan akademik dalam sistem full day school yang dapat menimbulkan tekanan pada siswa, seperti beban tugas, tuntutan pencapaian prestasi, serta tekanan dalam menghadapi proses evaluasi pembelajaran. Selain itu, setiap siswa memiliki karakteristik yang berbeda dalam merespons tekanan akademik, termasuk berdasarkan perbedaan gender. Penelitian ini menggunakan pendekatan kuantitatif dengan metode komparatif. Subjek penelitian berjumlah 279 siswa yang dipilih menggunakan teknik random sampling. Teknik pengumpulan data menggunakan skala stres akademik yang terdiri dari aspek pressure from study, workload, worry about grades, self-expectation, dan despondency. Analisis data menggunakan uji Independent Samples T-Test dengan bantuan aplikasi Jamovi. Hasil penelitian menunjukkan bahwa sebagian besar siswa berada pada kategori stres akademik sedang sebesar 61,6%. Hasil uji hipotesis menunjukkan adanya perbedaan tingkat stres akademik berdasarkan gender dengan nilai signifikansi sebesar 0,039 ($p < 0,05$). Berdasarkan nilai rata-rata, siswa laki-laki memiliki tingkat stres akademik lebih tinggi ($M = 121$) dibandingkan siswa perempuan ($M = 118$). Dengan demikian, dapat disimpulkan bahwa terdapat perbedaan tingkat stres akademik berdasarkan gender pada siswa kelas XI SMA Negeri 1 Berastagi, di mana siswa laki-laki menunjukkan tingkat stres akademik yang lebih tinggi dibandingkan siswa perempuan.

Kata Kunci: Stres Akademik, Gender, Full Day School, Siswa SMA



ABSTRACT

CELINE SEHANI BR SURBAKTI. Comparison of Students' Academic Stress Levels Based on Gender in the Full Day School System of Grade XI Students at SMA Negeri 1 Berastagi, Karo Regency, Academic Year 2025/2026. Skripsi. Medan : Faculty of Education. State University of Medan. 2026.

This study aims to determine the differences in academic stress levels based on gender in the full day school system among Grade XI students at SMA Negeri 1 Berastagi in the Academic Year 2025/2026. This study was motivated by the high academic demands in the full day school system that may cause pressure on students, such as assignment workload, achievement demands, and pressure in facing the learning evaluation process. In addition, each student has different characteristics in responding to academic pressure, including differences based on gender. This study used a quantitative approach with a comparative method. The subjects of this study consisted of 279 students selected using the proportionate stratified random sampling technique. Data were collected using an academic stress scale consisting of the aspects of pressure from study, workload, worry about grades, self-expectation, and despondency. Data analysis was conducted using the Independent Samples T-Test with the assistance of Jamovi software. The results showed that the majority of students were in the moderate category of academic stress (61.6%). The hypothesis testing results indicated a significant difference in academic stress levels based on gender, with a significance value of 0.039 ($p < 0.05$). Based on the mean score, male students had a higher level of academic stress ($M = 121$) compared to female students ($M = 118$). Therefore, it can be concluded that there are differences in academic stress levels based on gender among Grade XI students at SMA Negeri 1 Berastagi, where male students show higher academic stress levels than female students.

Keywords : Academic Stress, Gender, Full Day School, Senior High School Students.

