ABSTRAK

Anisya Maydina. Hubungan Regulasi Diri Dalam Belajar Dengan Stres Akademik Pembelajaran Daring Siswa Kelas XI SMA Negeri 1 Kutalimbaru T.A 2021/2022. Skripsi. Program Studi Bimbingan dan Konseling. Fakultas Ilmu Pendidikan. UNIMED. 2022.

Tujuan penelitian ini adalah untuk mengetahui hubungan *Self-Regulated Learning* Dengan Stres Akademik Pembelajaran Daring Siswa Kelas XI SMA Negeri 1 Kutalimbaru T.A 2021/2022. Penelitian ini termasuk kedalam penelitian deskriptif kuantitatif dengan pendekatan korelasional. Sampel dalam penelitian ini adalah siswa kelas XI SMA Negeri 1 Kutalimbaru yang berjumlah 140 siswa. Pengumpulan data dilakukan dengan menggunakan kuesioner angket. Pengumpulan data dilakukan menggunakan kuesioner angket. Validitas serta realibitas instrumen diperoleh dengan *product moment correlation*. Uji hipotesis menggunakan rumus *product moment* dari pearson dengan bantuan SPSS20 *for windows*. Hasil analisis menunjukkan nilai $r_{XY} = 0{,}760$, $r^2 = 0{,}578$ serta nilai signifikansi 0,000 (p < 0,05). Hubungan antara kedua variabel dinyatakan kuat dengan perolehan nilai sebesar 0,760. Berdasarkan hasil analisis data maka hipotesis penelitian diterima yakni terdapat hubungan antara *self-regulated learning* dengan stres akademik pembelajaran daring siswa kelas XI SMA Negeri 1 Kutalimbaru. Variabel bebas (*self-regulated learning*) memberikan kontribusi terhadap variabel terikat (stres akademik pembelajaran daring) sebesar 57,8%.

Kata Kunci: Self-Regulated Learning, **Stres Akademik Pembelajaran Daring**

ABSTRACT

Anisya Maydina. The Relationship of Self-Regulated Learning With Academic Stress Online Learning for Class XI Students of SMA Negeri 1 Kutalimbaru T.A 2021/2022. Thesis. Counseling Guidance Study Program. Faculty Of Sciences Education. Medan State University. 2022.

The purpose of this study was to determine the relationship between Self-Regulated Learning and Academic Stress of Online Learning for Class XI Students of SMA Negeri 1 Kutalimbaru T.A 2021/2022. This research is included in quantitative research with quantitative descriptive research methods. The sample in this study were students of class XI SMA Negeri 1 Kutalimbaru totaling 140 students. Data was collected using a questionnaire questionnaire. Data was collected using a questionnaire questionnaire. The validity and reliability of the instrument were obtained by product moment correlation. Test the hypothesis using the product moment from Pearson with the help of SPSS20 for Windows. The results of the analysis showed the value of r = 0.760, r_{XY} = 0,760, r square = 0.578 and a significance value of 0.000 (p <0.05). Based on the results of data analysis, the research hypothesis is accepted, namely there is a negative and significant relationship between self-regulated learning and academic stress in online learning for class XI students of SMA Negeri 1 Kutalimbaru.

Keywords: Self-Regulated Learning, Academic Stress Online Learning