

## Peran Stres Akademik dan Dukungan Sosial terhadap *School well-being* Siswa SMP

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### ABSTRAK

Konsep model teoritis *school well-being* melihat kesejahteraan dari sudut pandang siswa yang terdiri dari empat aspek, yaitu *having, loving, being*, dan *health*. Akan tetapi realita yang terjadi belum semua siswa merasakan kesejahteraan di lingkungan sekolah yang berdampak pada performansi dan prestasi akademik siswa. Tujuan dari penelitian ini untuk mengetahui peran stres akademik dan dukungan sosial terhadap *school well-being* siswa SMP. Survei online terhadap 187 siswa SMP kelas 8-9 dan berusia 13-15 tahun ( $M = 14,17$ ,  $SD = 0,647$ ) yang dilakukan dengan mengisi skala *school well-being*, skala stres akademik, dan skala dukungan sosial. Berdasarkan analisis regresi linear berganda ditemukan bahwa stres akademik dan dukungan sosial memiliki peran terhadap *school well-being* sebesar 57,2% ( $F = 122,929$ ,  $p < 0,05$ ). Selain itu, terdapat pengaruh yang signifikan dan bersifat negatif antara variabel stres akademik terhadap *school well-being* ( $\beta = -0,131$ ,  $p < 0,05$ ), juga terdapat pengaruh positif yang signifikan antara variabel dukungan sosial terhadap *school well-being* ( $\beta = 0,699$ ,  $p < 0,05$ ).

**Kata Kunci :** School well-being, Stres Akademik, Dukungan Sosial

### ABSTRACT

The concept of the theoretical model of school well-being by looking at welfare from the student's point of view which consists of four aspects, namely *having, loving, being*, and *health*. However, the reality is that not all students feel welfare in the school environment which has an impact on student performance and academic achievement. This study aims to examine the role of academic stress and social support on the school well-being of junior high school students. An online survey of 187 junior high school students in grades 8-9 and aged 13-15 years ( $M = 14.17$ ,  $SD = 0.647$ ) was conducted by filling in the school well-being scale, academic stress scale, and social support scale. Based on multiple linear regression analysis, it was found that academic stress and social support have an impact on school well-being ( $F = 122.929$ ,  $p < 0.05$ ). In addition, there is a significant and negative influence between academic stress variables on school well-being ( $\beta = -0.131$ ,  $p < 0.05$ ), there is also a significant positive effect between social support variables on school well-being ( $\beta = 0.699$ ,  $p < 0.05$ ).

**Key Word :** School well-bein, Academic Stress, Social Support