

**THE CORRELATION BETWEEN PEER SUPPORT AND STRESS
RELATED GROWTH WITHIN BOARDING SCHOOL STUDENTS IN
TARUNA NUSANTARA HIGH SCHOOL**

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ABSTRACT

The study based on the living condition in the boarding school that full of stressful experiences which occur stress in students can bring positive changes. The positive change called as stress-related growth which is stressful event drives someone to make positive changes and growth in their life. Stress-related growth happens caused by the occurrence of peer support as the buffering agent who can help someone get through the challenging experiences. The purpose of this study was to test empirically the correlation between peer support and stress-related growth within boarding school students in Taruna Nusantara High School. The study involved 157 female and male sophomore year students in Taruna Nusantara High School. Using the Pearson's product moment correlation obtained correlation coefficient of $r = 0,775$ with $p < 0,01$ that means there was a significantly positive correlations between peer support and stress-related growth within boarding school students in Taruna Nusantara High School, but the difference between female and male students at the level of stress-related growth and the level of peer support received was not found in this study.

Keywords : *stress-related growth, peer support, boarding school*

Hubungan Dukungan Teman Sebaya Terhadap *Stress-related Growth* Siswa Sekolah Berasrama SMA Taruna Nusantara

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INTISARI

Penelitian ini didasarkan pada kondisi lingkungan sekolah berasrama yang menimbulkan pengalaman – pengalaman menekan yang mengakibatkan stress pada siswa dilihat dari sudut pandang positif yang dikenal sebagai stress-related growth. Stress-related growth merupakan perubahan positif dari seorang individu atas pengalaman menekan yang dialaminya. Tujuan dari penelitian ini adalah mengetahui secara empiris hubungan antara dukungan teman sebaya dengan stress related growth siswa sekolah berasrama. Penelitian ini mengikutsertakan sebanyak 157 siswa kelas XI SMA Taruna Nusantara berjenis kelamin laki – laki dan perempuan. Analisis data menggunakan Korelasi Pearson Product Moment menunjukkan bahwa terdapat hubungan positif yang signifikan ($r = 0,775$, $p < 0,01$) antara dukungan teman sebaya dan stress-related growth pada siswa di SMA Taruna Nusantara. Pada penelitian ini tidak ditemukan adanya perbedaan stress-related growth dan dukungan teman sebaya ditinjau dari jenis kelamin siswa.

Kata kunci : *stress-related growth*, dukungan teman sebaya, sekolah berasrama