

Abstrak

Masalah kesehatan mental di kalangan remaja Indonesia terus meningkat, dengan stres akademik menjadi salah satu faktor yang mempengaruhi kesejahteraan psikologis siswa, terutama di jenjang pendidikan menengah atas. *Self-efficacy* dan dukungan sosial menjadi salah satu faktor yang dapat menurunkan stress akademik pada siswa kelas XII MAN 2 Kota Bandung. Penelitian ini bertujuan untuk mengkonfirmasi pengaruh *self-efficacy* dan dukungan sosial terhadap stress akademik pada siswa kelas XII MAN 2 Kota Bandung. Penelitian dilakukan pada 190 responden kelas XII MAN 2 Kota Bandung dengan pendekatan kuantitatif dan teknik analisis regresi berganda dengan menggunakan *statistical package for the social sciences* (SPSS). Hasil penelitian menunjukkan bahwa *self-efficacy* berpengaruh negatif terhadap stress akademik dan dukungan sosial berpengaruh negatif terhadap stress akademik. Hal ini mengindikasikan bahwa semakin tinggi tingkat *self-efficacy* dan dukungan sosial yang dimiliki siswa, maka semakin rendah tingkat stress akademik yang mereka alami.

Kata Kunci : *self-efficacy*, dukungan sosial, stress akademik, remaja, siswa MAN



Abstract

Mental health issues among Indonesian adolescents continue to increase, with academic stress becoming one of the main factors affecting students' psychological well-being, especially at the senior high school level. One of the factors believed to reduce academic stress is self-efficacy and social support. This study aims to confirm the influence of self-efficacy and social support on academic stress among 12th-grade students at MAN 2 Kota Bandung. The research employed a quantitative approach involving 190 respondents and was analyzed using multiple linear regression with the help of the Statistical Package for the Social Sciences (SPSS). The results showed that self-efficacy has a negative effect on academic stress, as does social support, which also has a negative effect on academic stress. These findings indicate that the higher the level of self-efficacy and social support students possess, the lower their level of academic stress.

Keywords: *self-efficacy, social support, academic stress, adolescents, MAN students*

