

Abstrak

Siswa SMA *boarding school* merupakan siswa yang tinggal dalam asrama dengan berbagai kegiatan didalamnya. Pelajaran yang dipelajari oleh siswa SMA *boarding school* bukan saja mata pelajaran reguler, tetapi juga mata pelajaran keagamaan. Sehingga padatnya kegiatan siswa SMA *boarding school*, mata pelajaran yang lebih banyak, masa ujian yang lama, dan berbagai tekanan akademik menyebabkan siswa SMA *boarding school* rentan mengalami stress yang berkaitan dengan akademik serta dampaknya secara fisik, psikologis, perilaku, dan emosional. Oleh karena itu, penelitian ini bertujuan untuk melihat pengaruh *peer social support* dan *religious coping* terhadap *academic stress* siswa SMA *boarding school*. Penelitian ini dilakukan di SMA Plus Al-Aqsha dengan 160 siswa yang sedang menempuh pendidikan SMA dan tinggal di *boarding school*. Instrumen penelitian yang digunakan merupakan *The Provision Scale*, *The Brief RCOPE*, dan *The Perception of Academic Stress* yang disesuaikan dengan subjek SMA *boarding school*. Adapun analisis data dilakukan dengan *software* statistik. Hasil penelitian ini menunjukkan bahwa *peer social support* dan *religious coping* berpengaruh secara signifikan dan simultan terhadap *academic stress* dengan pengaruh sebesar 4,9%.

Kata Kunci : *academic stress, peer social support, religious coping, SMA boarding school.*



Abstract

High school boarding school students are students who live in dormitories and participate in various activities there. The subjects studied by high school boarding school students are not only regular subjects but also religious subjects. Therefore, the intense schedule of high school boarding school students, the increased number of subjects, prolonged exam periods, and various academic pressures make them vulnerable to academic-related stress and its physical, psychological, behavioral, and emotional impacts. Therefore, this study aims to examine the influence of peer social support and religious coping on academic stress among high school boarding school students. The study was conducted at SMA Plus Al-Aqsha, involving 160 students currently enrolled in high school and residing in a boarding school. The research instruments used were The Provision Scale, The Brief RCOPE, and The Perception of Academic Stress, adapted for high school boarding school students. Data analysis was performed using statistical software. The results of this study indicate that peer social support and religious coping significantly and simultaneously influence academic stress, with an effect size of 4,9%.

Kata Kunci : *high school boarding school, academic stress, peer social support, religious coping.*

