

Abstrak

Stres akademik adalah tekanan yang dialami siswa akibat tuntutan dan harapan dari diri, guru, maupun orang tua. Faktor eksternal seperti iklim sekolah serta faktor internal berupa strategi *coping* diduga berperan dalam memengaruhi stres akademik. Penelitian ini bertujuan untuk mengetahui pengaruh iklim sekolah dan strategi *coping* terhadap stres akademik siswa SMP X Kota Bandung. Penelitian menggunakan metode kuantitatif dengan analisis regresi linear berganda. Sampel berjumlah 187 siswa. Instrumen yang digunakan meliputi, *Delaware school climate survey–student* (DSCS-S), *multidimensional measure of coping*, dan *academic expectations stress inventory* (AESI). Hasil penelitian menunjukkan bahwa iklim sekolah, *adaptive coping*, dan *maladaptive coping* secara simultan berpengaruh terhadap stres akademik. Namun, secara parsial iklim sekolah tidak berpengaruh terhadap stres akademik. Sebaliknya, *maladaptive coping* berpengaruh signifikan terhadap stres akademik.

Kata Kunci : *stres akademik, iklim sekolah, strategi coping, siswa SMP*



Abstract

Academic stress is the pressure experienced by students due to demands and expectations from themselves, teachers, and parents. External factors such as school climate and internal factors in the form of coping strategies are thought to play a role in influencing academic stress. This study aims to determine the effect of school climate and coping strategies on academic stress among students of SMP X Bandung City. The study used a quantitative method with multiple linear regression analysis. The sample consisted of 187 students. The instruments used included the Delaware school climate survey–student (DSCS-S), a multidimensional measure of coping, and the academic expectations stress inventory (AESI). The results showed that school climate, adaptive coping, and maladaptive coping simultaneously influenced academic stress. However, partially, school climate did not influence academic stress. Conversely, maladaptive coping had a significant effect on academic stress.

Keywords : *academic stress, school climate, coping strategies, junior high school students*

