

ABSTRAK

PENGARUH DUKUNGAN SOSIAL TERHADAP STRES AKADEMIK PADA SISWA SMK FARMASI CANDRA NAYA

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Instruksi Presiden Ir. Joko Widodo tentang Revitalisasi SMK terbukti mampu menekan angka pengangguran di Indonesia. Kebutuhan pasar akan beberapa bidang keahlian juga meningkat, salah satunya adalah bidang keahlian farmasi. Pendidikan yang dikenal dengan beban akademik yang cukup berat dibandingkan dengan bidang keahlian lain ini tersedia di SMK Farmasi Candra Naya. Sebagai salah satu Sekolah Menengah Kejuruan (SMK) dengan bidang keahlian farmasi, SMK Farmasi Candra Naya juga menerapkan sistem *Drop Out* untuk siswa yang tinggal kelas, menerapkan program *Teaching Factory*, dan sistem Kriteria Ketuntasan Minimal (KKM) yang tinggi. Selain itu, siswa juga dibebani dengan banyak tugas dan ulangan harian di setiap harinya. Tuntutan akademik tersebut mampu menjadi salah satu sumber stres akademik bagi siswa. Salah satu faktor yang mampu menekan tingkat stres akademiknya ialah dukungan sosial. Tujuan penelitian ini untuk mengetahui pengaruh dukungan sosial terhadap stres akademik pada siswa SMK Farmasi Candra Naya. Rancangan penelitian ini studi kuantitatif berjenis kausal komperatif dengan teknik *purposive sampling* dengan sampel sebanyak 62 siswa aktif tahun ajaran 2019/2020 SMK Farmasi Candra Naya. Alat ukur yang digunakan adalah skala dukungan sosial dengan reliabilitas (α) = 0,959 dengan 44 aitem valid dan skala stres akademik dengan reliabilitas (α) = 0,903 dengan 25 aitem valid. Hasil uji regresi diketahui bahwa terdapat pengaruh dukungan sosial terhadap stres akademik dengan sig. (p) sebesar 0,023 ($p < 0,05$) artinya, hipotesis diterima. Temuan penelitian menunjukkan bahwa siswa SMK Farmasi Candra Naya dengan jenis kelamin perempuan, urutan anak pertama, memilih jurusan farmasi dengan alasan permintaan orang tua, dan yang tinggal di kost, memiliki tingkat stres akademik yang tinggi.

Kata kunci: Dukungan Sosial, Stres Akademik, Siswa SMK Farmasi Candra Naya.

ABSTRACT

THE EFFECT OF SOCIAL SUPPORT ON ACADEMIC STRESS IN STUDENTS OF MEDICAL VOCATIONAL SCHOOL OF PHARMACY CANDRA NAYA

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Presidential Instruction (Inpres) Ir. Joko Widodo regarding Revitalisasi SMK is proven to be able to reduce unemployment in Indonesia. Market demand for several fields of expertise has also increased, one of which is the field is pharmaceutical expertise. This education, which is known for its fairly heavy academic load compared to other fields of expertise, is available at the Candra Naya Pharmacy Vocational School. As one of the Vocational High Schools (SMK) with the field of pharmacy expertise, the Candra Naya Pharmacy Vocational School also implements a Drop Out (DO) system for students who failed to upgrade, implements the Teaching Factory program, and a high Minimum Completeness Criteria (KKM) system. In addition, students are also burdened with many daily assignments and tests every day. These academic demands can be a source of academic stress for students. One of the factors that can reduce the level of academic stress is social support. The purpose of this study was to determine the effect of social support on academic stress in Medical Vocational School of Pharmacy Candra Naya students. The design of this research is a comparative causal quantitative study with purposive sampling technique with a sample of 62 active students in the 2019/2020 school year of SMK Pharmacy Candra Naya. The measuring instrument used is the social support scale with reliability (α) = 0.959 with 44 valid items and the academic stress scale with reliability (α) = 0.903 with 25 valid items. The regression test results show that there is an effect of social support on academic stress with sig. (p) 0.023 ($p < 0.05$) means that the hypothesis is accepted. The findings of the study showed that female students of the Candra Naya Pharmacy Vocational School, the order of the first child, chose to major in pharmacy on the grounds of parental demand, and who live in a boarding house, have a high level of academic stress.

Keywords: Social Support, Academic Stress, Medical Vocational School of Pharmacy Candra Naya Students.