

ABSTRAK

HUBUNGAN STRESS AKADEMIK DENGAN PERILAKU
AGRESIF PADA ANAK SEKOLAH MENENGAH KEJURUAN NEGERI 1
MOJOANYAR

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Stres akademik merupakan kondisi tekanan yang dialami siswa akibat tuntutan akademik yang berlebihan dan dapat memengaruhi perilaku siswa, termasuk munculnya perilaku agresif. Penelitian ini bertujuan untuk mengetahui hubungan stres akademik dengan perilaku agresif pada siswa kelas XI jurusan Teknik Kimia Industri di SMKN 1 Mojoanyar. Penelitian ini dilaksanakan di SMKN 1 Mojoanyar pada bulan April 2026 dengan menggunakan desain kuantitatif analitik korelasi dengan pendekatan *cross-sectional*. Populasi penelitian adalah seluruh siswa kelas XI Jurusan Teknik Kimia Industri SMKN 1 Mojoanyar sebanyak 96 siswa. Teknik sampling yang digunakan adalah *Total Sampling*, sehingga jumlah sampel sebanyak 96 responden. Pengumpulan data menggunakan Kuesioner *Educational Stress Scale for Adolescents* (ESSA) untuk mengukur stres akademik dan *Buss-Perry Aggression Questionnaire* (BPAQ) untuk mengukur perilaku agresif. Hasil penelitian lebih dari separuh responden mengalami stres akademik tinggi (51%) dan hampir separuh responden memiliki perilaku agresif tinggi (46,9%). Berdasarkan hasil crosstab menunjukkan responden yang memiliki stres akademik rendah mempunyai perilaku agresif rendah sebanyak (34,0%) dan responden yang memiliki stres akademik tinggi mempunyai perilaku agresif tinggi sebanyak (61,2%). Artinya terdapat hubungan stres akademik dengan perilaku agresif pada siswa kelas XI SMKN 1 Mojoanyar. Semakin tinggi tingkat stres akademik yang dialami siswa, maka semakin tinggi kecenderungan munculnya perilaku agresif. Hal ini karena tekanan akademik yang berlebihan dapat mengganggu regulasi emosi, meningkatkan frustrasi, dan menurunkan kemampuan siswa dalam mengendalikan respons terhadap berbagai situasi. Akibatnya, siswa lebih mudah mengekspresikan emosi negatif melalui perilaku agresif, baik secara fisik, verbal, maupun dalam bentuk permusuhan.

Kata kunci: Stres Akademik, Perilaku Agresif, Siswa Sekolah Menengah,

BINA SEHAT PPNI

ABSTRACT

THE RELATIONSHIP BETWEEN ACADEMIC STRESS AND AGGRESSIVE BEHAVIOR IN PUBLIC VOCATIONAL HIGH SCHOOL STUDENTS 1 MOJOANYAR

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Academic stress is a condition of psychological pressure experienced by students due to excessive academic demands, which may affect students' behavior, including the emergence of aggressive behavior. This study aimed to determine the relationship between academic stress and aggressive behavior among eleventh-grade students of the Industrial Chemical Engineering Department at SMKN 1 Mojoanyar. The study was conducted at SMKN 1 Mojoanyar in April 2026 using a quantitative correlational research design with a cross-sectional approach. The study population consisted of all 96 eleventh-grade students of the Industrial Chemical Engineering Department at SMKN 1 Mojoanyar. The sampling technique used was total sampling; therefore, the sample comprised 96 respondents. Data were collected using the Educational Stress Scale for Adolescents (ESSA) to measure academic stress and the Buss–Perry Aggression Questionnaire (BPAQ) to assess aggressive behavior. The results showed that more than half of the respondents (51.0%) experienced high academic stress, while nearly half (46.9%) demonstrated high levels of aggressive behavior. Crosstab analysis indicated that respondents with low academic stress predominantly exhibited low aggressive behavior (34.0%), whereas respondents with high academic stress predominantly exhibited high aggressive behavior (61.2%). These findings indicate a relationship between academic stress and aggressive behavior among eleventh-grade students at SMKN 1 Mojoanyar. The higher the level of academic stress experienced by students, the greater their tendency to exhibit aggressive behavior. Excessive academic demands may disrupt emotional regulation, increase frustration, and reduce students' ability to control their responses to various situations. Consequently, students are more likely to express negative emotions through aggressive behavior, including physical aggression, verbal aggression, and hostility.

Keywords: Academic Stress, Aggressive Behavior, Secondary School Students