

COPING STRESS PADA SISWA AKSELERASI DI MADRASAH ALIYAH NEGERI (MAN) 1 NGAWI JAWA TIMUR

**Anrico Ivan Mulia
Aneke Dewi Rahayu**

Program Studi Psikologi, Fakultas Bisnis & Humaniora,
Universitas Teknologi Yogyakarta
anricoivan@gmail.com

ABSTRAK

Merujuk pada UU Nomor 20 Tahun 2003 tentang Sistem Pendidikan Nasional, saat ini dikenal program akselerasi pada tingkat menengah. Secara ringkas program ini mempercepat proses pembelajaran siswa dengan kualifikasi tertentu. Di satu sisi, program ini membantu para siswa yang memiliki kebutuhan khusus dalam akademik, namun di sisi lain program akselerasi ini memicu stress yang dialami oleh para siswa. Penelitian ini bertujuan untuk mengetahui gambaran strategi coping stress yang dijalankan oleh siswa program akselerasi. Metode pengumpulan data berupa observasi dan wawancara dengan jumlah subjek 3 siswa yang terdiri atas 2 pria dan 1 wanita. Teknik pengambilan subjek menggunakan purposive sampling. Berdasarkan hasil penelitian didapatkan bahwa strategi coping stress yang dijalankan oleh para siswa akselerasi berupa emotion-focused coping dan problem-focused coping seperti yang diungkap oleh Lazarus dan Folkman (1984). Adapun faktor yang mempengaruhi keberhasilan strategi coping stress siswa program akselerasi ini antara lain: dukungan sosial, kepribadian individu, optimisme dan harapan akan self-efficacy.

Kata kunci: Coping Stress, Program Akselerasi, Siswa.

“COPING STRESS IN ACCELERATED STUDENTS IN MADRASAH ALIYAH NEGERI (MAN) 1 NGAWI, EAST JAVA”

**Anrico Ivan Mulia
Aneke Dewi Rahayu**

*Department of Psychology, Faculty of Business and Humanities,
University of Technology Yogyakarta
anricoivan@gmail.com*

ABSTRACT

Referring to Law Number 20 of 2003 concerning the National Education System, currently there is an acceleration program at the middle level. In summary, this program accelerates the learning process of students with certain qualifications. On the one hand, this program helps students with special academic needs, but on the other hand, this accelerated program triggers stress experienced by students. This study aims to describe the stress coping strategies implemented by students of the acceleration program. Methods of data collection in the form of observation and interviews with the number of subjects 3 students consisting of 2 men and 1 woman. The technique of taking the subject uses purposive sampling. Based on the results of the study, it was found that the stress coping strategies carried out by accelerated students were in the form of emotion-focused coping and problem-focused coping as revealed by Lazarus and Folkman (1984). The factors that influence the success of the students' stress coping strategy in the accelerated program include: social support, individual personality, optimism and hope of self-efficacy.

Keywords: *Accelerated Program, Coping Stress, Student.*