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The Relationship between Academic Stress and Stress Levels in Adolescents

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ABSTRACT

Background: The phenomenon of stress among adolescents is of growing concern as academic pressure increases in the modern education system. Academic stress is a condition universally experienced by students regardless of gender, which can have a significant impact on their academic achievement.

Purpose: This study aims to analyze the relationship between academic pressure with stress levels in adolescents.

Methods: The design used is a quantitative design with a correlation method. Sampling technique using non probability sampling. Research respondents were 248 adolescents by filling out the Pressure Stress Student (PSS) and Student-Life Stress Inventory (SLSI) questionnaires. Bivariate analysis of research using Spearman.

Results: The results of the study obtained a significant value of p value 0.000 (<0.05) can be interpreted that the two variables there is a relationship with a correlation value of 0.607 this shows positive with moderate correlation strength

Conclusion: Academic pressure has a significant relationship to stress levels in adolescents. Academic pressure and stress levels of respondents are in the moderate category. Schools can increase the frequency and quality of counseling services to support adolescent well-being.

Keywords: Academic Pressure; Adolescents; Stress