

## **ABSTRACT**

Gerald Carlo (01121190030)

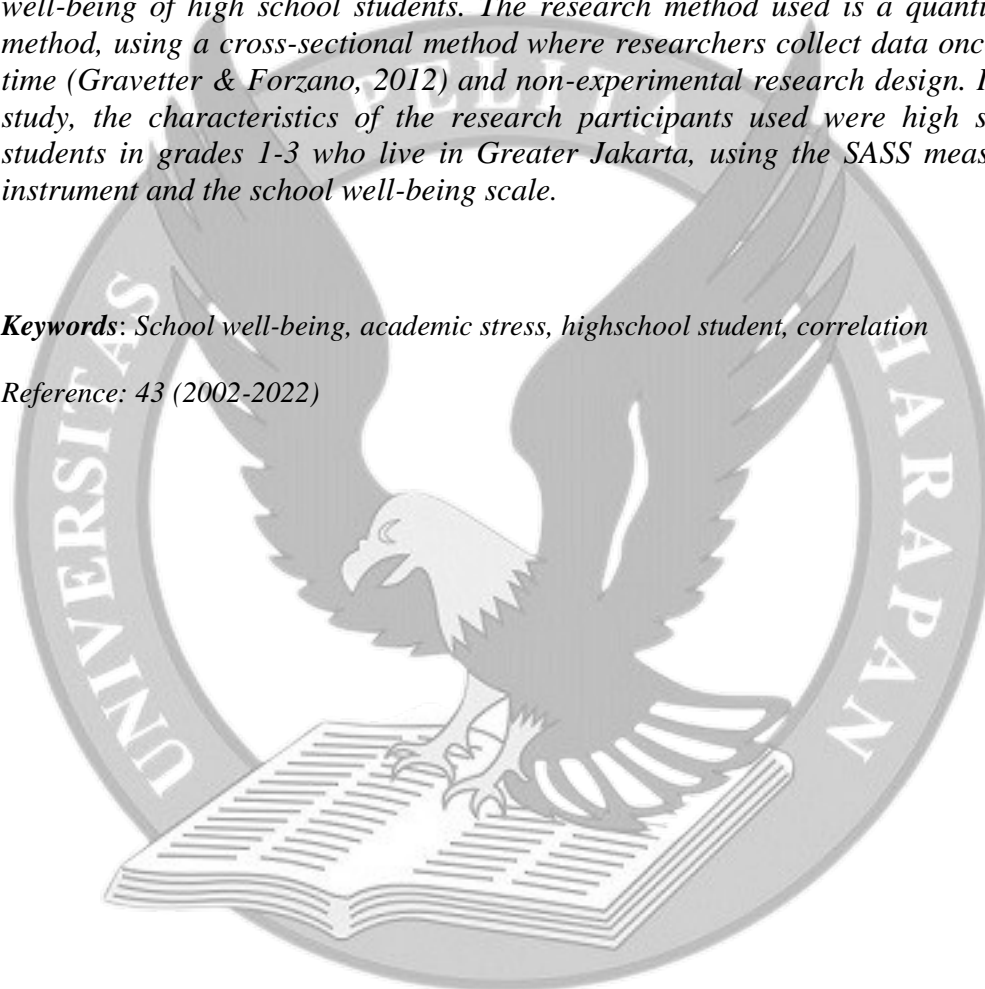
### ***THE ROLE OF SCHOOL WELL-BEING ON ACADEMIC STRESS IN HIGH SCHOOL STUDENTS IN JAKARTA***

*(xv+ pages; 3 figures; 11 tables; attachments)*

*This study aims to obtain more in-depth information about the school well-being of high school students and the researcher wants to prove the hypothesis of whether there is a significant effect between academic stress on the level of school well-being of high school students. The research method used is a quantitative method, using a cross-sectional method where researchers collect data once at a time (Gravetter & Forzano, 2012) and non-experimental research design. In this study, the characteristics of the research participants used were high school students in grades 1-3 who live in Greater Jakarta, using the SASS measuring instrument and the school well-being scale.*

**Keywords:** *School well-being, academic stress, highschool student, correlation*

**Reference:** *43 (2002-2022)*



## ABSTRAK

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### **PERAN *SCHOOL WELL-BEING* TERHADAP STRES AKADEMIK PADA SISWA SMA DI JAKARTA**

(xv+ halaman; 3 gambar; 11 tabel; lampiran)

Penelitian ini bertujuan untuk mendapatkan informasi yang lebih mendalam tentang *school well-being* siswa SMA serta peneliti ingin membuktikan hipotesis apakah ada pengaruh yang signifikan antara *school well-being* pada tingkat stress akademik siswa SMA. Metode penelitian yang digunakan adalah metode kuantitatif, dengan menggunakan metode cross-sectional dimana peneliti melakukan pengumpulan data sebanyak satu kali dalam satu waktu yang sama (Gravetter & Forzano, 2012) dan desain penelitian non-eksperimental. Dalam penelitian ini, karakteristik partisipan penelitian yang digunakan adalah siswa dan siswi SMA kelas 1-3 yang berdomisili di Jakarta, Menggunakan alat ukur SASS dan skala *school well-being*.

**Kata Kunci:** school well-being, stress akademik, siswa SMA, kuantitatif, hubungan.

Referensi: 43 (2002-2022)

