

## ABSTRAK

Pentingnya penelitian tentang dukungan sosial orangtua dengan stres akademik untuk dikaji karena peran orangtua merupakan komponen penting dalam pendidikan anak, membantu anak dalam memecahkan masalahnya terutama permasalahan dalam hal akademik sehingga mampu mengurangi stres akademik selama pembelajaran daring saat pandemi. Penelitian ini bertujuan untuk mengetahui hubungan dukungan sosial orangtua dengan stres akademik selama pembelajaran daring di MTS N Pundong Bantul Yogyakarta. Peneliti mengajukan hipotesis bahwa ada hubungan negatif antara dukungan sosial orangtua dengan stres akademik selama pembelajaran daring di MTS N Pundong Bantul Yogyakarta. Semakin tinggi dukungan sosial orangtua maka semakin rendah pula stres akademik selama pembelajaran daring di MTS N Pundong Bantul Yogyakarta. Subjek penelitian adalah siswa kelas VIII di MTS N Pundong Bantul Yogyakarta sebanyak 115 orang. Metode pengumpulan data menggunakan skala dukungan sosial orangtua dan skala stres akademik. Uji validitas menggunakan rumus korelasi *product moment*, dan uji reliabilitas menggunakan rumus *cronbach alpha*. Teknik analisis data menggunakan uji *product moment* dari *Pearson*. Hasil penelitian menunjukkan bahwa ada hubungan negatif antara dukungan sosial orangtua dengan stres akademik selama pembelajaran daring di MTS N Pundong Bantul Yogyakarta. Hal ini ditunjukkan dari nilai  $r_{hitung}$  sebesar -0,265 dan nilai signifikansi sebesar 0,004. Variabel dukungan sosial orangtua memberikan sumbangan pada variabel stres akademik sebesar 30,1%; sedangkan sisanya sebesar 69,9% dipengaruhi faktor lain yang tidak diteliti dalam penelitian ini. Artinya, semakin tinggi dukungan sosial orangtua maka semakin rendah pula stres akademik selama pembelajaran daring di MTS N Pundong Bantul Yogyakarta. Sebaliknya, semakin rendah dukungan sosial orangtua maka semakin tinggi stres akademik selama pembelajaran daring di MTS N Pundong Bantul Yogyakarta.

Kata kunci: dukungan sosial orangtua, stres akademik, pembelajaran dalam jaringan (daring)

## **ABSTRACT**

*The importance of research on parental social support with academic stress is to be studied because the role of parents is an important component in children's education, helping children in solving problems, especially problems in terms of academics so as to reduce academic stress during online learning during a pandemic. This study aims to determine the relationship between parental social support and academic stress during online learning at MTS N Pundong Bantul Yogyakarta. Researchers put forward a hypothesis that there is a negative relationship between parental social support and academic stress during online learning at MTS N Pundong Bantul Yogyakarta. The higher the social support of parents, the lower the academic stress during online learning at MTS N Pundong Bantul Yogyakarta. The research subjects were students of class VIII at MTS N Pundong Bantul Yogyakarta as many as 115 people. The data collection method used the parental social support scale and the academic stress scale. The validity test uses the product moment correlation formula, and the reliability test uses the Cronbach alpha formula. The data analysis technique used the product moment test from Pearson. The results showed that there was a negative relationship between parental social support and academic stress during online learning at MTS N Pundong Bantul Yogyakarta. This is indicated by the rcount value of -0.265 and the significance value of 0.004. The variable of parental social support contributed to the academic stress variable by 30.1%; while the remaining 69.9% is influenced by other factors not examined in this study. That is, the higher the social support of parents, the lower the academic stress during online learning at MTS N Pundong Bantul Yogyakarta. On the other hand, the lower the social support of parents, the higher the academic stress during online learning at MTS N Pundong Bantul Yogyakarta.*

*Keywords: parental social support, academic stress, online learning*

