

## ABSTRAK

Tujuan penelitian ini adalah untuk mengetahui hubungan antara *growth mindset* dengan stress akademik pada siswa SMA di Yogyakarta. Adapun hipotesis dalam penelitian ini adalah adanya hubungan negatif yang signifikan antara *growth mindset* dengan stress akademik pada siswa SMA di Yogyakarta. Semakin tinggi *growth mindset* maka semakin rendah stress akademik pada siswa SMA di Yogyakarta. sebaliknya semakin rendah *growth mindset* maka semakin tinggi stress akademik pada siswa SMA di Yogyakarta. Subjek dalam penelitian adalah siswa SMA di Yogyakarta. Alat ukur yang digunakan dalam penelitian ini adalah skala *growth mindset* dan skala stress akademik. Adapun hasil penelitian diperoleh koefisien korelasi ( $r_{xy}$ ) = 0,946 dan  $p = 0,001$  ( $p \leq 0,01$ ). Yang berarti terdapat hubungan positif antara *growth mindset* dengan stress akademik pada siswa SMA di Yogyakarta. Semakin tinggi *growth mindset* maka semakin tinggi stress akademik pada siswa SMA di Yogyakarta. sebaliknya semakin rendah *growth mindset* maka semakin rendah stress akademik pada siswa SMA di Yogyakarta. Hipotesis dalam penelitian ini ditolak. Adapun koefisien determinasi atau nilai koefisien determinasi ( $R^2$ ) yang diperoleh sebesar 0, 894 yang artinya sumbangan *growth mindset* dan stress akademik sebesar 89,4%. Hal tersebut menunjukkan bahwa sebanyak 10,6% disebabkan oleh variabel lain.

**Kata Kunci:** Stres Akademik, Growth Mindset, Siswa SMA

## **ABSTRACT**

*The purpose of this study was to determine the relationship between growth mindset and academic stress in high school students in Yogyakarta. The hypothesis in this study is that there is a significant relationship between growth mindset and academic stress in high school students in Yogyakarta. The higher the growth mindset, the lower the academic stress in high school students in Yogyakarta. Conversely, the lower the growth mindset, the higher the academic stress in high school students in Yogyakarta. The subjects in the study were high school students in Yogyakarta. The measuring instruments used in this research are the growth mindset scale and the academic stress scale. The study results obtained a correlation coefficient ( $r_{xy}$ ) = 0.946 and  $p = 0.001$  ( $p \leq 0.01$ ). Which means there is a positive relationship between growth mindset and academic stress in high school students in Yogyakarta. The higher the growth mindset, the lower the academic stress in high school students in Yogyakarta. Conversely, the lower the growth mindset, the higher the academic stress in high school students in Yogyakarta. The hypothesis in this study is rejected. The coefficient of determination or coefficient of determination ( $R^2$ ) obtained was 0.894, which means the contribution of growth mindset and academic stress was 89.4%. This shows that as much as 10.6% is caused by other variables.*

**Keywords:** *Academic Stress, Growth Mindset, High School Students*