

**DIFFERENCES ACADEMIC STRESS IN SENIOR HIGH SCHOOL  
STUDENTS THAT APPLYING THE FULL DAY SYSTEM AND THE HALF  
DAY SYSTEM IN PADANG**

**Dhian Hanif**

**ABSTRACT**

*Educational institutions in Padang as an institution that can create a young generation can survive in real life through education. One of human resource development form through education is through school. The Type of formal school at this time not only implementing "the half day" school system, but also implementing "the full day" school system. Schools with the full day system have a learning time that is longer than the half day school system. Differences in learning systems and regulations which is applied in both schools can evoke the academic stressful.*

*This research is a comparative study that aims to determine differences in academic stress in junior high school students who apply the full day system with the half day system in Padang. Subjects were students of Islam Terpadu Adzkie (the full day) as many as 145 students and Junior High School 1 Padang (the half day) as many as 244 students. The sampling technique that was used is proportionate stratified random sampling. This study used a scale of academic stress that is Stress Academic Student Scale developed by Busari (2011). Reliability value of scale of academic stress that is equal to 0.924 and it consists of 35 items.*

*The analysis of research used Comparative t-test. Based on the analysis result, it is found that there are significant differences between students with academic stress of full day and students with academic stress of half day. ( $t = -11,8$  with  $p < 0,05$ ,  $p = 0,00$ ) The mean value of IT Adzkie is 76.9 and the mean value of Junior High School 1 is 93.6.*

**Key words : stress academic, full day Junior High School, half day Junior High School.**

**PERBEDAAN STRES AKADEMIK PADA SISWA SMP YANG  
MENERAPKAN SISTEM *FULL DAY* DENGAN SISWA SMP YANG  
MENERAPKAN SISTEM *HALF DAY* DI KOTA PADANG**

**Dhian Hanif**

**ABSTRAK**

Lembaga pendidikan dipandang sebagai lembaga yang dapat menciptakan generasi muda untuk dapat bertahan di dalam kehidupan nyata melalui pendidikan. Salah satu upaya untuk meningkatkan Sumber Daya Manusia melalui jalur pendidikan adalah melalui sekolah. Jenis sekolah formal pada saat ini adalah menerapkan sistem sekolah setengah hari (*half day*). Selain itu, saat ini sekolah formal juga menerapkan sistem sekolah sehari penuh (*full day*). Sekolah dengan sistem *full day* memiliki waktu belajar yang lebih lama dibandingkan sekolah *half day*. Perbedaan sistem pembelajaran dan peraturan yang diterapkan di kedua sekolah dapat menimbulkan stres akademik.

Penelitian ini bertujuan untuk mengetahui perbedaan stres akademik siswa SMP yang menerapkan sistem *full day* dengan siswa SMP yang menerapkan sistem *half day* di kota Padang. Subjek penelitian adalah 145 orang siswa IT Adzkie (*full day*) dan 244 orang siswa SMP N 1 Padang (*half day*). Teknik pengambilan sampel yang digunakan adalah *proportionate stratified random sampling*. Penelitian ini menggunakan skala stres akademik yaitu *Stress Academic Student Scale* yang disusun oleh Busari (2011). Nilai reliabilitas skala stres akademik yaitu sebesar 0,924 dan terdiri dari 35 item.

Analisa penelitian menggunakan komparasi *t-test*. Berdasarkan hasil analisa ditemukan bahwa terdapat perbedaan secara signifikan antara stres akademik siswa *full day* dengan siswa *half day* ( $t = -11,8$  dengan  $p < 0,05$ ,  $p = 0,00$ ), Nilai mean SMP IT Adzkie yaitu 76,9 dan nilai mean SMP N 1 yaitu 93,6.

**Kata kunci : stres akademik, SMP *full day*, dan SMP *half day*.**

