

# Gambaran Tingkat Stres Akademik Anak Usia Sekolah Terhadap Sistem Full Day School Di SD Labs School Kaizen, Bogor = The Depiction Of The Academic Stress Levels Of The School Age Children Over Full Day School System At Sekolah Dasar Labs School Kaizen, Bogor

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## Abstrak

Sekolah dengan sistem full day di Indonesia sedang banyak terjadi, alasan adanya sekolah ini adalah penurunan kualitas SDM masyarakat Indonesia. Sekolah full day mempunyai waktu belajar lebih lama sehingga dapat menimbulkan stres akademik pada anak. Penelitian ini bertujuan untuk mengetahui gambaran tingkat stres akademik pada anak usia sekolah terhadap sekolah yang mempunyai sistem full day. Desain penelitian yang digunakan adalah desain penelitian deskriptif sederhana. Alat ukur yang digunakan adalah kuesioner stres akademik untuk mengambil data dari 128 siswa kelas 4-kelas 6 yang bersekolah di sekolah full day. Penelitian ini menggunakan teknik total sampling. Untuk mengetahui gambaran stres akademik pada anak usia sekolah digunakan uji univariat. Hasil dari penelitian ini menunjukkan bahwa sebagian siswa tidak mengalami stres akademik.

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In Indonesia, there are a lot of schools using a full day system lately, and the decline of the human resources is the cause behind this phenomenon. Full day schools have a longer time study; hence, it triggers academic stress for the children. The objective of this research is to recognize the depiction of the academic stress levels of the school age children over full day school system. This research was conducted through a descriptive method; meanwhile the questioner of academic stress was the instrument in terms of collecting the data from 128 students on the fourth grade to sixth grade. This research used the total sampling technique. Univariat test was applied to determine the depiction of the academic stress levels of the school age children. The outcome of this research apparently portrayed that several students did not experience academic stress.