

# HUBUNGAN POLA ASUH DAN DUKUNGAN TEMAN SEBAYA TERHADAP STRES AKADEMIK PADA REMAJA DI SMA NEGERI 51 JAKARTA TAHUN 2025

Jauza Ratu Alya

## Abstrak

Stres akademik pada remaja berkaitan dengan tuntutan belajar serta tekanan dari lingkungan sekolah dan keluarga. Pola asuh orang tua dan dukungan teman sebaya merupakan faktor lingkungan yang terkait dengan kondisi tersebut. Penelitian ini bertujuan menganalisis hubungan pola asuh orang tua dan dukungan teman sebaya dengan stres akademik pada remaja di SMA Negeri 51 Jakarta. Penelitian menggunakan desain kuantitatif korelasional dengan pendekatan *cross-sectional*. Sampel terdiri dari 303 siswa kelas X–XII yang dipilih melalui *stratified random sampling*. Instrumen penelitian meliputi PAQ ( $\alpha=0,898$ ), kuesioner dukungan teman sebaya ( $\alpha=0,970$ ), dan PASS ( $\alpha=0,870$ ), dengan analisis *Chi-Square*. Hasil menunjukkan pola asuh demokratis paling dominan, dukungan teman sebaya berada pada kategori sedang–tinggi, dan stres akademik cenderung rendah meskipun proporsi stres tinggi masih cukup besar. Terdapat hubungan signifikan antara pola asuh orang tua dan stres akademik serta antara dukungan teman sebaya dan stres akademik ( $p<0,001$ ). Kesimpulan menunjukkan adanya keterkaitan antara pola asuh orang tua, dukungan teman sebaya, dan tingkat stres akademik pada remaja, namun hubungan sebab-akibat tidak dapat ditentukan.

**Kata Kunci:** Dukungan Teman Sebaya, Pola Asuh, Remaja, SMA, Stres Akademik

**THE RELATIONSHIP BETWEEN PARENTING STYLES AND  
PEER SUPPORT ON ACADEMIC STRESS AMONG  
ADOLESCENTS AT STATE SENIOR HIGH SCHOOL 51  
JAKARTA IN 2025**

**Jauza Ratu Alya**

***Abstract***

*Academic stress among adolescents is associated with learning demands and pressure from school and family environments. Parenting style and peer support are environmental factors related to this condition. This study aimed to analyze the relationship between parenting style and peer support and academic stress among adolescents at SMA Negeri 51 Jakarta. A quantitative correlational, cross-sectional design was used. The sample consisted of 303 students in grades X–XII selected through stratified random sampling. Instruments included the Parenting Authority Questionnaire (PAQ) ( $\alpha=0.898$ ), a peer support questionnaire ( $\alpha=0.970$ ), and the Academic Stress Scale (PASS) ( $\alpha=0.870$ ), with Chi-Square analysis. The results showed that democratic parenting was dominant, peer support was moderate to high, and academic stress was generally low, although high stress remained notable. Significant relationships were found between parenting style and academic stress and between peer support and academic stress ( $p<0.001$ ). The conclusion indicates an association between parenting style, peer support, and academic stress among adolescents however, causal relationships cannot be determined.*

**Keyword:** *Academic Stress, Adolescents, Parenting Style, Peer Support, Senior High School Students*