

ABSTRACT

Revena. 210101050639, The Relationship between Class Goal Structure and Students' Academic Stress at State Senior High School 3 Banjarmasin Supervisor Dr. Ahmad Salabi, S.Ag,M.Pd. In the Islamic Education Management Study Program, Faculty of Tarbiyah and Teacher Training, UIN Antasari Banjarmasin.2025.

Keywords: Class Goal Structure, Academic Stress, Students.

The class goal structure is a learning goal set by the teacher in the teaching and learning process that focuses on mastery of material and academic achievement. Meanwhile, academic stress refers to the psychological pressure felt by students due to academic demands, such as assignments, grade expectations, and pressure from teachers and parents. This study aims to identify the relationship between class goal structure and students' academic stress.

This study uses a quantitative method with a survey approach. Data were collected through a questionnaire involving 167 respondents. The class goal structure is measured through the mastery goal structure and achievement goal structure, while academic stress is measured through student achievement stress and pressure from parents and teachers.

The results of the study indicate that there is a positive relationship between the structure of class goals and students' academic stress as evidenced by the sig value (2-tailed) of $0.000 < 0.05$ with a moderate correlation, namely the Person correlation value of 0.463 while the R-Table at a significance level of 5% with $N = 167 - 2 = 165$ is known to be 0.1519. so R-Calculate is greater than R-Table or $(0.463 > 0.1519)$. The higher the structure of class goals, the higher the academic stress will be, however, if the structure of class goals is low, the academic stress will be lower. The coefficient of determination ($R^2 = 0.215$) shows that as much as 21.5% of students' academic stress is caused by the structure of class goals while the remaining 78.5% is influenced by other factors outside this study.

ABSTRAK

Revena. 210101050639, *Hubungan Struktur Tujuan Kelas Dengan Stres Akademik Siswa di Sekolah Menengah Atas Negeri 3 Banjarmasin* Pembimbing Dr. Ahmad Salabi, S.Ag,M.Pd. Pada Program Studi Manajemen Pendidikan Islam Fakultas Tarbiyah dan Keguruan UIN Antasari Banjarmasin.2025.

Kata Kunci: Struktur Tujuan Kelas, Stres Akademik, Siswa.

Struktur tujuan kelas merupakan tujuan pembelajaran yang ditetapkan oleh guru dalam proses belajar-mengajar yang berfokus pada penguasaan materi dan pencapaian akademik. Sementara itu, stres akademik merujuk pada tekanan psikologis yang dirasakan siswa akibat tuntutan akademik, seperti beban tugas, ekspektasi nilai, dan tekanan dari guru maupun orang tua. Penelitian ini bertujuan untuk mengidentifikasi hubungan struktur tujuan kelas dengan stres akademik siswa.

Penelitian ini menggunakan metode kuantitatif dengan pendekatan survei. Data dikumpulkan melalui kuesioner yang melibatkan 167 responden. Struktur tujuan kelas diukur melalui struktur tujuan penguasaan dan struktur tujuan pencapaian, sedangkan stres akademik diukur melalui stres prestasi siswa dan tekanan orang tua dan guru.

Hasil penelitian menunjukkan bahwa terdapat hubungan positif antara struktur tujuan kelas dengan stres akademik siswa terbukti dari nilai *sig (2-tailed)* sebesar 0,000 < 0,05 dengan korelasi sedang yaitu nilai *Person correlation* 0,463 sedangkan R-Tabel pada taraf signifikansi 5% dengan $N=167-2 = 165$ diketahui sebesar 0.1519. jadi R-Hitung lebih besar dari R-Tabel atau ($0.463 > 0,1519$). Semakin tinggi struktur tujuan kelas maka stres akademik akan semakin tinggi namun, jika struktur tujuan kelas rendah maka stres akademik akan semakin rendah.

Koefesien determintasi ($R^2=0,215$) menunjukan bahwa sebanyak 21,5% stres akademik siswa diakibatkan oleh struktur tujuan kelas sedangkan sisanya 78,5% dipengaruhi oleh faktor lain di luar penelitian ini.