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**“THE RELATIONSHIP BETWEEN ACADEMIC STRESS AND SLEEP QUALITY AMONG 12TH GRADE STUDENTS AT SMA NEGERI 2 BANTAENG”**

**ABSTRACT**

**Background:** Academic stress is a common psychological condition among senior high school students, particularly those in the final grade, and may negatively affect sleep quality, which is essential for health and academic performance. **Objective:** This study aimed to analyze the relationship between academic stress and sleep quality among 12th-grade students at SMA Negeri 2 Bantaeng. **Methods:** An analytic observational study with a cross-sectional design was conducted. A total of 83 students were selected using proportional stratified random sampling. Academic stress was measured using the Perception of Academic Stress Scale (PASS), while sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI). Data were analyzed using univariate and bivariate analyses with Fisher’s Exact Test. **Result:** The result showed that most respondents experience moderate academic stress (81.9%) and poor sleep quality (78.3%). Statistical analysis indicated a significant relationship between academic stress and sleep quality ( $p=0.020$ ). **Conclusion:** These findings suggest that higher levels of academic stress are associated with poorer sleep quality among students. This study highlights the importance of stress management and sleep health education in schools. Further research with a longitudinal design and larger sample size is recommended to strengthen causal interpretation.

**Keywords:** Academic stress, sleep quality, high school senior, class XII students

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**“HUBUNGAN STRES AKADEMIK TERHADAP KUALITAS TIDUR  
PADA PESERTA DIDIK KELAS XII DI SMA NEGERI 2 BANTAENG”**

**ABSTRAK**

**Latar belakang:** Stres akademik merupakan kondisi psikologis yang sering dialami peserta didik terutama pada jenjang akhir sekolah menengah, dan berpotensi memengaruhi kualitas tidur yang berdampak pada kesehatan serta prestasi belajar. **Tujuan:** Penelitian ini bertujuan untuk menganalisis hubungan antara stres akademik terhadap kualitas tidur pada peserta didik kelas XII di SMA Negeri 2 Bantaeng. **Metode:** Penelitian ini menggunakan desain observasional analitik dengan pendekatan cross sectional. Sampel penelitian terdiri dari 83 siswa yang dipilih melalui Teknik proportional stratified random sampling. Instrumen yang digunakan adalah Perception of Academic Stress Scale (PASS) untuk mengukur stres akademik dan Pittsburgh Sleep Quality Index (PSQI) untuk menilai kualitas tidur. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Fisher Exact. **Hasil:** Hasil penelitian menunjukkan mayoritas responden mengalami stres akademik sedang (81,9%) dan memiliki kualitas tidur buruk (78,3). Uji statistic menunjukkan terdapat hubungan yang signifikan antara stres akademik dan kualitas tidur dengan nilai  $p = 0,020$ . **Kesimpulan:** Kesimpulan penelitian ini menunjukkan bahwa semakin tinggi tingkat stres akademik, semakin buruk kualitas tidur peserta didik. Penelitian ini berkontribusi dalam memperkuat pentingnya manajemen stres dan edukasi tidur sehat dilingkungan sekolah. Disarankan adanya program bimbingan konseling serta penelitian lanjutan dengan desain longitudinal dan cakupan sampel yang lebih luas.

**Kata kunci:** Stres akademik, kualitas tidur, siswa SMA, kelas XII