

GAMBARAN TINGKAT KECEMASAN SISWA KELAS 12 DALAM MEMPERSIAPKAN PEMILIHAN PERGURUAN TINGGI DI SMAN 6 SURABAYA

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ABSTRAK

Siswa kelas 12 menghadapi tuntutan akademik, ekspektasi keluarga, dan ketidakpastian masa depan yang dapat memicu kecemasan. Penelitian ini bertujuan untuk mengetahui tingkat kecemasan siswa kelas 12, faktor yang memengaruhi, serta gambaran kondisi yang dialami. Desain penelitian menggunakan pendekatan deskriptif *cross-sectional* dengan sampel 180 siswa kelas 12 SMAN 6 Surabaya yang dipilih melalui teknik *simple random sampling*. Instrumen yang digunakan adalah Hamilton Anxiety Rating Scale (HARS), sedangkan analisis data dilakukan secara kuantitatif dengan tabulasi frekuensi dan pengelompokan tingkat kecemasan. Hasil penelitian menunjukkan mayoritas siswa mengalami kecemasan sedang (55%) dan berat (37,8%), sementara sebagian kecil berada pada kategori ringan (4,4%) dan panik (2,8%). Temuan ini mengindikasikan bahwa tingkat kecemasan siswa relatif tinggi dalam menghadapi pemilihan perguruan tinggi. Intervensi berupa konseling, pendampingan psikologis, serta program manajemen stres di sekolah diperlukan untuk membantu mengurangi kecemasan siswa

Kata kunci : *kecemasan, siswa SMA, pemilihan perguruan tinggi, HARS*

DESCRIPTION OF THE ANXIETY LEVEL OF GRADE 12 STUDENTS IN PREPARING FOR COLLEGE SELECTION AT SMAN 6 SURABAYA

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ABSTRACT

Twelfth-grade students face academic pressure, parental expectations, and uncertainty about the future, which may lead to anxiety. Such anxiety can interfere with concentration, decision-making, and academic performance. This study aims to determine the anxiety levels of twelfth-grade students, the influencing factors, and to provide an overview of their anxiety conditions. This study employed a descriptive design with a *cross-sectional* approach. The sample consisted of 180 twelfth-grade students at SMAN 6 Surabaya, selected using a *simple random sampling* technique. The Hamilton Anxiety Rating Scale (HARS) was used as the research instrument. Data were analyzed quantitatively through frequency tabulation and classification into anxiety categories (mild, moderate, severe, very severe/panic). The findings showed that most students experienced moderate anxiety (55%) and severe anxiety (37.8%). A small proportion experienced mild anxiety (4.4%) and panic (2.8%). The majority of twelfth-grade students at SMAN 6 Surabaya had relatively high anxiety levels when preparing for university entrance. Interventions such as counseling services, psychological support, and school-based stress management programs are necessary to help reduce student anxiety.

Keyword : *anxiety, high school students, university entrance, HARS*

