

# KORELASI ANTARA TINGKAT STRES TERHADAP KEJADIAN MUNCULNYA IDE BUNUH DIRI PADA SISWA SMA X DI KABUPATEN BANYUMAS

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## ABSTRAK

Remaja merupakan suatu periode transisi dari masa awal anak-anak hingga dewasa yang memiliki peranan penting di masa depan. Dalam menjalani tugas perkembangannya, remaja akan mengalami berbagai macam permasalahan. Banyaknya tekanan yang dialami remaja dapat membuat remaja memiliki tingkat stres yang tinggi dan memungkinkan remaja untuk memiliki ide bunuh diri. Tujuan penelitian ini adalah untuk mengetahui korelasi tingkat stres terhadap kejadian munculnya ide bunuh diri pada siswa SMA X di Kabupaten Banyumas. Penelitian ini menggunakan metode penelitian analitik observasional dengan desain penelitian *cross sectional*. Teknik sampling menggunakan *total sampling* dan sampel penelitian ini berjumlah 205 siswa. Tingkat stres dan kemunculan ide bunuh diri diukur menggunakan kuesioner. Uji *Spearman* digunakan untuk mencari korelasi antar variabel. Berdasarkan hasil penelitian didapatkan tingkat stres responden secara umum berkategori normal. Tidak didapatkan adanya kemunculan ide bunuh diri pada siswa SMA X di Kabupaten Banyumas. Hasil uji statistik menggunakan uji *Spearman* didapatkan  $p\text{ value} = 0,017$  ( $p < 0,05$ ) dan nilai koefisien korelasi sebesar 0,167. Hasil penelitian ini menunjukkan bahwa terdapat korelasi antara tingkat stres dengan kejadian munculnya ide bunuh diri dan arah hubungan positif. Terdapat korelasi positif antara tingkat stres terhadap munculnya ide bunuh diri pada siswa SMA X di Kabupaten Banyumas.

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**Kata kunci:** Siswa SMA, Tingkat Stres, Ide Bunuh Diri

***CORRELATION BETWEEN THE LEVEL OF STRESS WITH THE  
EMERGENCE OF SUICIDE IDEATION IN SMA “X” STUDENTS  
IN BANYUMAS REGENCY***

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***ABSTRAC***

*Adolescence is a transitional period from early childhood to adulthood which has an important role in the future. In carrying out their developmental tasks, adolescents will experience various kinds of problems. The amount of pressure experienced by adolescents could make adolescents have high levels of stress and allow adolescents to have suicidal thoughts. The purpose of this study was to determine the correlation between stress levels and the emergence of suicide ideation among SMA X students in Banyumas Regency. This study used an observational analytic research method with a cross sectional research design. Total sampling was used as the sampling technique with 205 students as samples. The level of stress and the emergence of suicide ideation were measured using a questionnaire. The Spearman test was used to find the correlation between variables. Based on the research results, it was found that the respondents' stress level was generally categorized as normal. There was no the emergence of suicide ideation among SMA X students in Banyumas Regency. The results is there was a correlation between 2 variables with p value = 0.017 ( $p < 0.05$ ) and a correlation coefficient value of 0.167. The results of this study indicate that there was a correlation between the level of stress and the emergence of suicide ideation and the direction of the positive relationship. There was a positive correlation between the level of stress and the emergence of suicide ideation in SMA X students in Banyumas Regency.*

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***Keywords:*** *Secondary School Student, Stress Levels, The Emergence of Suicide Ideation*