

ABSTRACT

March 2020 all educational environments are closed to reduce the spread of the covid-19 virus, resulting in the enactment of Distance Learning (PJJ). Telkom Bandung High School (SMA) is one of the schools that applies PJJ as its way of learning. However, there are indications that students of grade XI telkom bandung high school are experiencing academic stress because PJJ is feared to reduce students' academic achievement.

This research was conducted on grade XI students at Telkom High School Bandung. This study aims to determine the level of academic stress of grade XI students at Telkom High School Bandung. The aspect studied here is the academic stress level of students by analyzing the results of questionnaires shared.

This study uses descriptive methods with descriptive approaches. The data analysis techniques in this study use descriptive analysis techniques. Researchers use sampling random sampling that is sampling members from the population is done randomly and sampling samples are conducted on grade XI students of Sma Telkom Bandung as many as 200 students.

The results of this study found that 90% of students experience high levels of stress. It was also obtained from this study that there was a 2% difference in academic stress levels in the sex of male and female students. female students can reduce stress levels compared to male students.

Based on the results of this study, in order to reduce the academic stress of grade XI students at SMA Telkom Bandung, the school can have discussions with the school managerial to discuss the learning model, giving and schedule of assignment collection and effectiveness of guidance and counseling from the school.

Keywords: Academic Stress, Distance Learning and Students