

ABSTRACT

THE EFFECT OF OPTIMISM ON ACADEMIC STRESS OF FINAL-YEAR HIGH SCHOOL STUDENTS

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Final-year high school students are most often faced with academic demands that can serve as obstacles, which commonly lead to students experiencing academic stress. Stress that arise due to the academic demands could have damaging effects to the students' psychological health and could also be a hindrance towards their graduation. Optimism is found to be a factor that influences students' academic stress in high school. This research aims to know the effect of optimism on final-year high school students' academic stress. This research uses a quantitative approach with regression analysis. Data collection for this research is done by distributing an online questionnaire containing the optimism scale (LOT-R) and academic stress scale (SLSI-R). The results obtained indicate that the effect of optimism on stress is not significant. The regression analysis result show that the effect of optimism on academic stress is $R^2 = 0,003$ or 0,3%, which implies that optimism is not a factor that hugely influences final-year high school students' academic stress.

Keywords: *optimism, academic stress, final-year high school student*

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