

PERSETUJUAN PEMBIMBING

SKRIPSI

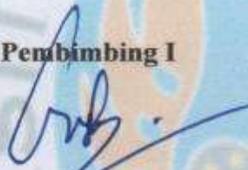
**MANAJEMEN STRES SISWA *BOARDING SCHOOL*
MAN INSAN CENDEKIA GORONTALO**

Oleh :

**ABDUL RAHIM TUALANG
NIM : 131 413 056**

Telah diperiksa dan disetujui untuk diuji

Pembimbing I



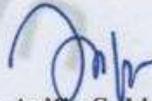
**Dr. Hj. Siti Roskina Mas, MM, M.Pd
NIP. 19660407 199303 2 005**

Pembimbing II



**Dr. Arifin Sukung, S.Pd., M.Pd
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**Mengetahui,
Ketua Jurusan Manajemen Pendidikan**



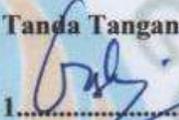
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LEMBAR PENGESAHAN
SKRIPSI
MANAJEMEN STRES SISWA *BOARDING SCHOOL*
MAN INSAN CENDEKIA GORONTALO

Oleh
ABDUL RAHIM TUALANG
NIM : 131 413 056

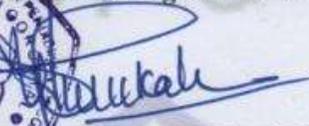
Hari/Tanggal : Rabu, 02 Agustus 2017

Waktu : 09.00 s/d selesai

Penguji	Tanda Tangan	Tanggal
1. Dr. Hj. Siti Roskina Mas, MM, M.Pd NIP. 19660407 199303 2 005		02/10/2017
2. Dr. Arifin Sukung, S.Pd., M.Pd NIP. 19760705 200604 1 004		02/10/2017
3. Prof. Dr. H. Abd. Kadim Masaong, M.Pd NIP. 19611114 198703 1 002		30/10/2017
4. Dr. Hj. Nina Lamatenggo, SE, M.Pd NIP. 19661207 200312 2 001		30/10/2017

Gorontalo, Juni 2017

Dekan Fakultas Ilmu Pendidikan
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ABSTRAK

Abdul Rahim Tualang. 2017. *Manajemen Stres Siswa Boarding School MAN Insan Cendekia Gorontalo*. Skripsi. Jurusan Manajemen Pendidikan Fakultas Ilmu Pendidikan Universitas Negeri Gorontalo. Pembimbing I Dr. Sitti Roskina Mas, M.M,Pd dan Pembimbing II Dr. Arifin Sukung, S.Pd, M.Pd.

Penelitian ini bertujuan untuk mendiskripsikan, (1) program pencegahan stres melalui kegiatan keagamaan, sosial dan *magic word*, (2) program pengendalian stres melalui kegiatan akademik dan non akademik untuk mewujudkan prestasi, dan (3) program penyelesaian stress siswadi MAN Insan Cendekia Gorontalo. Penelitian ini menggunakan pendekatan kualitatif dengan jenis studi kasus. Teknik pengumpulan data yang digunakan observasi, wawancara, dan dokumentasi. Analisis data menggunakan *individual case*. Hasil penelitian ini menunjukkan bahwa manajemen stres siswaboarding school yaitu: (1) Program pencegahan stres dilakukan melalui kegiatan keagamaan, sosial dan *magic word*, (a) kegiatan keagamaan meliputi: kajian tematik, tausiyah/kuliah menit (kultum), tadarus alquran, pembinaan kegiatan keagamaan dan kegiatan ramadhan (b) kegiatan sosial: pengabdian pada masyarakat, LDK, memperingati kegiatan hari Ibu, kegiatan kunjungan pantih asuhan (c) *magic word: student carrer day*, tutor sebaya, peran guru asuh, dan guru BK (2) pengendalian stress dilakukan melalui kegiatan akademik dan non akademik, (a) kegiatan akademik meliputi: pelatihan persiapan ujian nasional, pelaksanaan kegiatan remedial (b) kegiatan pelatihan non akademik meliputi: kegiatan Olimpiade, kesenian, *pasmanic/paskibra*, olahraga, musik dan kegiatan pramuka untuk memanimalisir atau mengendalikan stres siswa dan (3) penyelesaian stress dilakukan melalui program luar sekolah, (a) studi lapangan sejarah yakni untuk mengetahui tempat-tempat bersejarah dan peninggalan-peninggalan bersejarah (b) program refreasing yang dikolaborasikan dengan praktek program studi biologi untuk meneliti (c) program fisika yang dikolaborasikan dengan rekreasi ketempat-tempat wisata.

Kata kunci : *manajemen stress, boarding school.*

ABSTRACT

Abdul Rahim Tualang. 2017. *Stress Management at the Students of Islamic Boarding Senior High School of Insan Cendekia Gorontalo. Skripsi*. Department of Education Management. Faculty of Education. State University of Gorontalo. Supervisor I Dr. Sitti Roskina Mas, M.M., M.Pd and Supervisor II Dr. Arifin Sukung, S.Pd, M.Pd.

This study aims to describe (1) stress prevention program through religious, social and magic words activity, (2) stress control program through academic and nonacademic activities to realize achievement, and (3) student stress management program at MAN Insan Cendekia of Gorontalo. This research uses qualitative approach with case study. Data collection techniques used observation, interview, and documentation. Data analysis used individual case. The results of this study indicated that the stress management of boarding school students are: (1) the stress prevention program is conducted through religious, social and magic word activities: (a) religious activities include: thematic studies, tausiyah/seven-minute, reciting al-quran, development of religious and ramadhan activities, (b) social activities: community service, basic leadership exercise, commemorating mother's day activities, visiting orphanage, (c) magic word, student career day, peer tutor, role of foster teacher and teacher of counseling guidance, (2) control of stress is conducted through academic and non academic activities: (a) academic activities include: national exam preparation training, remedial activities, (b) non academic training activities include: olympic activities, arts, pasmanic / *paskibra*, sports, music and scout activities to minimize or control the student stress, and (3) the completion of stress is held through the out-of-school programs, (a) historical field studies to find out historic sites and historical relics (b) refreshing programs collaborated with biology study programs to do observation (c) a physics study program that is collaborated with recreation to tourist attractions.

Keywords: *stress management, boarding school, Islamic senior high school*

