***ABSTRACT***

***Description Of Stress Levels And Stress Management In Adolescents At SMA XY DENPASAR***

*Ni Putu Risma Pebriani1, Ni Luh Gede Intan Saraswati2, Ni Kadek Muliawati3*

*1Program Studi Keperawatan Program Sarjana, STIKES Wira Medika Bali*

*Adolescence is a period that is vulnerable to high stress levels due to various pressures, such as academic and environmental factors. Therefore, effective stress management is an important factor in supporting the mental health and well-being of adolescents. The purpose of this study is to examine the stress levels and stress management among adolescents at SMA XY Denpasar. This study is a quantitative descriptive research. The research was conducted at SMA XY Denpasar from November 22 to November 24, 2024. The population of this study consisted of 1,559 individuals, with a sample size of 319 respondents. The data collected in this study include both primary and secondary data. The sampling technique used was probability sampling, specifically stratified random sampling. The instruments used in this study were the Stress Level Questionnaire (DASS-21) and a Stress Management Questionnaire. Data analysis was performed using univariate analysis. The results showed that the majority of respondents, 206 individuals (64.6%), were categorized as normal or not experiencing stress. Regarding stress management, most adolescents chose sufficient sleep, with 227 individuals (71%) reporting this behavior. The most commonly chosen stress management strategy was walking, with 165 respondents (51.7%). Guidance counseling can facilitate and provide support for students experiencing stress, helping them understand their stress levels and how to effectively manage stress.*

*Keywords: Stress levels, stress management, adolescence*