

SKRIPSI

HUBUNGAN TINGKAT STRES DENGAN STRATEGI KOPING PADA MAHASISWA S1 FAKULTAS KEPERAWATAN UNAND SELAMA PEMBELAJARAN DARING DI MASA PANDEMI COVID-19

Penelitian Keperawatan Jiwa



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Hubungan Tingkat Stres Dengan Strategi Koping Pada Mahasiswa S1 Fakultas
Keperawatan UNAND Selama Pembelajaran Daring
Di Masa Pandemi COVID-19

ABSTRAK

Adanya Pandemi COVID-19 saat ini mengubah proses pembelajaran yang semula tatap muka menjadi pembelajaran daring. Pelaksanaan pembelajaran daring memiliki beberapa kendala yang dihadapi mahasiswa. Adanya hambatan dan perubahan kondisi pembelajaran daring berdampak pada psikologis mahasiswa, seperti stres. Untuk mengurangi atau menghindari dampak dari kondisi stres yang tidak diinginkan, maka diperlukan strategi koping. Tujuan penelitian ini adalah untuk mengetahui hubungan tingkat stres dengan strategi koping pada mahasiswa S1 Fakultas Keperawatan UNAND selama pembelajaran daring di masa pandemi COVID-19. Penelitian ini menggunakan desain *cross sectional* dengan jumlah sampel 121 responden yang dipilih menggunakan teknik *Stratified Random Sampling* dan dianalisis menggunakan uji *Chi-Square*. Instrumen yang digunakan *Perceived Stress Scale (PSS-14)* dan *Adolescent Coping Orientation for Problem Experiences (ACOPE)*. Hasil penelitian menunjukkan sebagian besar mahasiswa mengalami tingkat stres sedang (62,8%) dan sebagian besar mahasiswa memiliki strategi koping buruk (52,1%). Adanya hubungan antara tingkat stres dengan strategi koping pada mahasiswa S1 Fakultas Keperawatan UNAND selama pembelajaran daring di masa pandemi COVID-19 ($p = 0,006$). Penelitian ini menyarankan kepada pihak institusi untuk membantu program dalam upaya mengurangi kejadian stres yang lebih lanjut dan keburukan strategi koping yang berkelanjutan pada mahasiswa sehingga institusi bisa menyediakan layanan konseling dan fungsi pembimbing akademik (PA) bagi mahasiswa agar nantinya pembelajaran daring selama pandemi COVID-19 dapat berjalan dengan baik.

Kata kunci : Strategi koping, tingkat stres, pembelajaran daring

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The Relationship between Stress Levels and Coping Strategies among Undergraduate Nursing Students Faculty of Nursing UNAND Taking Online Learning During the COVID-19 Pandemi

ABSTRACT

The current COVID-19 pandemi has changed the face-to-face learning process to online learning. The implementation of online learning has several obstacles faced by students. The existence of obstacles and changes in online learning conditions have an impact on student psychology, such as stress. To reduce or avoid the impact of unwanted stres conditions, a coping strategy is needed. The purpose of this study was to determine the relationship between stres levels and coping strategies for undergraduate students at the UNAND Faculty of Nursing during online learning during the COVID-19 pandemi. This study used a cross sectional design with a sample of 121 respondents who were selected using the Stratified Random Sampling technique and analyzed using the Chi-Square test. The instruments used were Perceived Stress Scale (PSS-14) and Adolescent Coping Orientation for Problem Experiences (ACOPE). The results showed that most students experienced moderate stres levels (62.8%), and most students had poor coping strategies (52.1%). There is a relationship between stres levels and coping strategies for undergraduate students at the Faculty of Nursing UNAND during online learning during the COVID-19 pandemi ($p = 0.006$). This study suggests to the institution to assist the program in an effort to reduce the incidence of further stress and the badness of sustainable coping strategies for students so that institutions can provide counseling services and an academic advisory function (PA) for students so that later online learning during the COVID-19 pandemi can goes well.

Keywords : Coping strategy, stress levels, online learning

Bibliography : 57 (1983-2021)