

GAMBARAN TINGKAT STRES SISWA DALAM PROSES PEMBELAJARAN PADA MASA PANDEMI COVID-19 DI SMPN 3 KASIHAN BANTUL

Trias Wati¹, Rizqi Wahyu Hidayati²
Email: triaswatty@gmail.com

INTISARI

Latar Belakang: Pandemi COVID-19 berdampak pada semua aspek kehidupan salah satunya pada aspek pendidikan. Dengan adanya perubahan metode pembelajaran memicu terjadinya stres pada siswa. Beberapa hal yang dapat mempengaruhi stres pada siswa seperti khawatir nilai akademik dan beban kerja tugas yang berlebihan. Stres yang dialami siswa dapat mengganggu proses belajar siswa tersebut. Ketika mengalami stres siswa cenderung tidak dapat berkonsentrasi, merasa tertekan bahkan sampai depresi jika stres tidak segera diatasi.

Tujuan: Untuk mengetahui gambaran tingkat stres siswa dalam proses pembelajaran pada masa pandemi COVID-19 di SMPN 3 Kasihan Bantul.

Metode: Penelitian ini menggunakan metode deskriptif kuantitatif. Teknik sampling yang digunakan yaitu *simple random sampling*. Jumlah responden sebanyak 89 siswa dengan kriteria inklusi siswa yang berusia 13-15 tahun dan bersedia menjadi responden. Instrumen yang digunakan yaitu kuesioner ESSA (*Educational Stress Scale Adolescents*) yang disesuaikan dengan kondisi pandemi COVID-19.

Hasil: Berdasarkan hasil analisis data didapatkan bahwa tingkat stres didapatkan bahwa mayoritas siswa mengalami tingkat stres dengan kategori sangat tinggi sebanyak 73 siswa (82,0%), tingkat stres tinggi sebanyak 9 siswa (10,1%), tingkat stres sedang sebanyak 2 siswa (2,2%), tingkat stres rendah sebanyak 4 siswa (4,5%) dan tingkat stres sangat rendah sebanyak 1 responden (1,1%).

Kesimpulan: Dalam penelitian ini sebagian besar siswa berada pada kategori tingkat stres sangat tinggi sebanyak 73 siswa atau sebesar 82,0% .

Kata kunci: COVID-19, siswa, tingkat stres

¹Mahasiswa S1 Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

²Dosen S1 Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

THE OVERVIEW OF STUDENTS' STRESS LEVELS IN THE LEARNING PROCESS DURING THE COVID-19 PANDEMIC AT 3 KASIHAN BANTUL JUNIOR HIGH SCHOOL

Trias Wati¹, Rizqi Wahyu Hidayati²
Email: triaswatty@gmail.com

ABSTRACT

Background: The pandemic of COVID-19 affects all facets of life, one of which is education. The changes in learning methods lead to stress in students. Various factors can affect stress on students, including academic grade anxiety and excessive assignments. The stress experienced by students can interfere with the student's learning process. Students suffering from stress tend to be unable to concentrate, feel stressed, and may become depressed when the stress is not addressed immediately.

Objective: This study aimed to describe the stress level of students at 3 Kasihan Bantul Junior High School during the COVID-19 pandemic.

Method: This study employed a quantitative descriptive method. The sampling technique utilised simple random. The number of respondents comprised 89, the inclusion criterion for respondents was students aged 13-15, and the exclusion criteria were students who declined to be respondents. Adapted to the conditions of the COVID-19 epidemic, the ESSA (Educational Stress Scale Adolescents) questionnaire is utilised.

Results: The results of the data analysis revealed that the majority of students experienced an extremely high level of stress totalling 73 students (82,0%), high-stress level totalling 9 students (10,0%), moderate-stress level as man as 2 students (2,2%), low-stress level as many as 4 students (4,5%), and highly low-stress level as many as 1 respondent (1,1%).

Conclusion: In this research, most students exhibited extremely high-stress levels as many as 73 students or 82,0%.

Keywords: COVID-19 pandemic, students, stress level

¹Student of Undergraduate Nursing Programme at Jenderal Achmad Yani University, Yogyakarta

²Lecturer of Undergraduate Nursing Programme at Jenderal Achmad Yani University, Yogyakarta