

HUBUNGAN KEAKTIFAN ORGANISASI DI MASA PANDEMI DENGAN STRES PADA MAHASISWA FAKULTAS KESEHATAN UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA

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INTISARI

Latar Belakang: Stres merupakan bentuk respon tubuh yang bersifat non spesifik terhadap semua hal yang dapat membebani dan mengancam jiwa. Stres juga timbul pada mahasiswa, salah satu faktor penyebab stres pada mahasiswa adalah keaktifan berorganisasi. Keaktifan berorganisasi adalah aktif dan ikut serta dalam peran melaksanakan suatu kegiatan yang diselenggarakan oleh organisasi untuk mencapai tujuan bersama. Pada masa pandemi kegiatan berorganisasi banyak terjadi perubahan dimana hampir seluruh kegiatan dilaksanakan dalam bentuk dalam jaringan (daring). Kondisi ini juga yang membuat mahasiswa yang aktif berorganisasi mengalami stres.

Tujuan: Mengetahui hubungan keaktifan berorganisasi di masa pandemi dengan stres pada mahasiswa semester empat Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta.

Metode: Jenis penelitian ini adalah penelitian kuantitatif dengan rancangan/desain *Cros-sectional* dan menggunakan pendekatan *Restropective*. Pengambilan sampel menggunakan teknik *Proportionate stratified random sampling* dengan responden sebanyak 62 mahasiswa. Data penelitian diambil menggunakan kuesioner DASS-42 dan keaktifan mahasiswa dalam berorganisasi. Hasil penelitian dianalisis menggunakan uji Somers'd.

Hasil: Analisis hasil menunjukkan bahwa sebagian besar mahasiswa semester empat memiliki tingkat keaktifan sangat aktif (43,5%). Sedangkan untuk tingkat stres mahasiswa mayoritas memiliki tingkat stres ringan (40,3%). Hasil perhitungan uji statistik menggunakan uji Somers'd diperoleh *p-value* (0,011) < nilai α (0,05) dengan nilai $r = 0,267$ dengan arah positif yang berarti semakin aktif dalam berorganisasi maka tingkat stresnya semakin berat tetapi dengan nilai keeratan yang lemah.

Kesimpulan: Terdapat hubungan antara keaktifan berorganisasi dimasa pandemi dengan tingkat stres pada mahasiswa semester empat Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta.

Kata kunci: Mahasiswa, Keaktifan berorganisasi, Stres.

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THE CORRELATION BETWEEN THE ACTIVENESS IN JOINING ACTIVITIES IN ORGANIZATION DURING THE PANDEMIC AND THE STRESS LEVEL ON STUDENTS OF THE FACULTY OF HEALTH UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA

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ABSTRACT

Background: Stress is a non-specific form of the body's response to all things that can be burdensome and life-threatening. Stress also occurs among students, one of the factors causing stress in students is activeness in joining organization activities. Activeness in joining organization activities means being active in participating in the role of carrying out an activity organized by the organization to achieve common goals. During the pandemic, there are many changes in conducting the activities of an organization where almost all activities are carried out online. This condition also makes students who are active in organizations experience stress.

Objective: Learning the correlation between the activeness in joining activities in an organization during the pandemic and the stress level of fourth-semester students of the Faculty of Health, Universitas Jenderal Achmad Yani Yogyakarta.

Method: This type of research is quantitative with a cross-sectional design using a retrospective approach. The sampling used a proportional stratified random sampling technique with 62 students as respondents. The research data were collected using the DASS-42 questionnaire and the activeness of students in joining activities in an organization. The results of the study were analyzed using the Somers'd test.

Result: The analysis of the results illustrates that most of the fourth-semester students have a very active level of activity (43.5%). As for the stress level, the majority of students have a mild stress level (40.3%). The results of the statistical test calculation using the Somers'd test obtained a p-value (0.011) < α value (0.05) with a value of $r = 0.267$ with a positive direction which means that the more active the students join activities in the organization the higher the stress level get with a weaker affinity value.

Conclusion: There is a correlation between activeness in joining activities in an organization during the pandemic and the stress levels of fourth-semester students of the Faculty of Health, Universitas Jenderal Achmad Yani Yogyakarta.

Keywords: Student, Organizational activity, Stress.

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