

**GAMBARAN TINGKAT STRES AKADEMIK PADA SISWA SMP
YANG MENGIKUTI PEMBELAJARAN DALAM JARINGAN
DI YOGYAKARTA**

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INTISARI

Latar Belakang: Wabah *Coronavirus Disease* (COVID-19) di Indonesia mulai muncul pada Maret 2020. Badan Nasional Penanggulangan Bencana (BNPB), mengeluarkan surat keputusan No. 13 A mengenai penetapan masa darurat akibat adanya virus COVID-19. Sebagai upaya mengurangi penyebaran virus corona, Departemen Pendidikan dan Kebudayaan, mengeluarkan surat edaran No. 36962/MPK. A/HK/2020 tertanggal 17 Maret 2020 mengenai pelaksanaan pembelajaran dalam jaringan (daring). Pelajar yang mengalami stres dapat mengalami masalah akademik, psikologis maupun sosial seperti gelisah, merasa tidak mampu dalam melaksanakan tuntutan dari akademik, susah tidur, depresi dan perilaku sosial yang berubah.

Tujuan Penelitian: Untuk mengetahui gambaran tingkat stres siswa SMP kelas 3 dengan pembelajaran daring selama masa pandemi.

Metode Penelitian: Penelitian ini merupakan penelitian kuantitatif dengan menggunakan desain penelitian deskriptif. Sampel penelitian ini siswa SMP kelas 3 di SMP 2 Sedayu, sebanyak 63 sampel yang diambil menggunakan teknik *random sampling*. Analisis data menggunakan analisa univariat.

Hasil Penelitian: Hasil penelitian menunjukkan mayoritas siswa kelas 3 SMP 2 Sedayu mengalami stres dalam kategori sedang sebanyak 43 orang (68,3%). Jenis kelamin laki-laki maupun perempuan mempunyai tingkat stres kategori sedang sebanyak (81%) dan (61,9%).

Kesimpulan: Setelah dilakukan penelitian dapat disimpulkan bahwa siswa SMP 2 Sedayu mengalami stres dalam kategori sedang selama melakukan pembelajaran daring baik laki-laki maupun perempuan.

Kata kunci: Wabah *coronavirus*, stres akademik, tingkat stres, siswa SMP dan pembelajaran daring.

DESCRIPTION OF ACADEMIC STRESS LEVELS IN JUNIOR HIGH SCHOOL STUDENTS THAT JOIN NETWORKING LEARNING IN YOGYAKARTA

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ABSTRACT

Background: The Coronavirus Disease (COVID-19) outbreak in Indonesia began to emerge in March 2020. The National Disaster Management Agency (BNPB), issued a decree no. 13 A regarding the determination of the emergency period due to the COVID-19 virus. In an effort to reduce the spread of the corona virus, the Ministry of Learning and Culture issued a circular no. 36962/MPK. A/HK/2020 dated March 17, 2020 regarding the implementation of online learning. Students who experience stress can experience academic, psychological and social problems such as anxiety, feeling unable to carry out academic demands, insomnia, depression and altered social behavior.

Research purposes: To find out the description of the stress level of 3rd grade junior high school students with online learning during the pandemic.

Research methods: This research is a quantitative research using a descriptive research design. The sample of this study was third grade junior high school students at SMP 2 Sedayu, as many as 63 samples were taken using random sampling technique. Data analysis using univariate analysis.

Research result: The results showed that the majority of 3rd grade students of SMP 2 Sedayu experienced stress in the moderate category as many as 43 people (68.3%). Both male and female sexes have moderate levels of stress (81%) and (61.9%).

Conclusion: Students of SMP 2 Sedayu experience moderate stress during online learning, both male and female.

Keywords: The coronavirus outbreak, academic stress, stress levels, middle school students and online learning