

# GAMBARAN TINGKAT STRES WALI MURID TERKAIT PEMBELAJARAN DALAM JARINGAN DI SEKOLAH DASAR DI MASAPANDEMI COVID-19

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## INTISARI

**Latar Belakang:** Masa pandemi COVID-19 memiliki dampak terhadap dunia pendidikan. Keputusan mengenai pelaksanaan pembelajaran dalam jaringan oleh pemerintah banyak memunculkan masalah dan kesulitan yang dialami oleh guru, anak, maupun orang tua. Orang tua mengalami kesulitan untuk memahami materi pembelajaran, sulit membagi waktu antara bekerja dan mendampingi anak belajar, tidak mempunyai kesabaran, dan tidak bisa menggunakan *gadget*. Orang tua mengalami stres berat selama pandemi COVID-19 karena menggantikan guru pada saat pendampingan pembelajaran dalam jaringan. Stres yang berat akan membuat orang tua kurang perhatian dan tidak fokus kepada anak mengakibatkan minat membaca anak menjadi malas dan tidak berkembang.

**Tujuan:** Untuk mengetahui gambaran tingkat stres wali murid anak usia sekolah dasar di Yogyakarta selama pembelajaran dalam jaringan pada masa pandemi COVID-19.

**Metode Penelitian:** Jenis penelitian ini adalah kuantitatif dengan disain penelitian deskriptif. Penelitian ini merupakan penelitian non ekperimental potong silang (*cross sectional*). Populasi dalam penelitian ini adalah wali murid kelas 1-6 Sekolah Dasar Negeri 1 Iroyudan, Guwosari Kecamatan Pajangan, Kabupaten Bantul, Yogyakarta, yaitu sebanyak 85 orang. Pengambilan sampel pada penelitian ini menggunakan teknik sampel *random sampling*. Alat pengumpulan data adalah kuesioner. Analisis data menggunakan analisis univariat.

**Hasil:** Hasil penelitian menunjukkan bahwa tingkat stres wali murid terkait pembelajaran dalam jaringan di Sekolah Dasar di masa pandemi COVID-19 paling banyak adalah tingkat stres sedang sebanyak 26 orang (36,6%) sedangkan orang tua yang mengalami tingkat stres sangat berat sebanyak 2 (2,8%), tingkat stres berat sebanyak 8 (11,3%), tingkat stres ringan sebanyak 11 (15,5%), dan orang tua yang memiliki tingkat stres normal sebanyak 24 (33,8%).

**Kesimpulan:** Wali murid SD Negeri I Iroyudan mengalami stres sedang sebanyak 26 orang (36,6). Penyebab orang tua mengalami stres saat melakukan pendampingan pembelajaran daring adalah anak susah untuk diberi tahu saat mengerjakan tugas dari sekolah.

**Kata Kunci:** Stres, Wali Murid, Pembelajaran Dalam Jaringan

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# DESCRIPTION OF STRESS LEVELS OF STUDENTS RELATED TO NETWORK LEARNING IN ELEMENTARY SCHOOL DURING THE COVID-19 PANDEMIC

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## ABSTRACT

**Background:** The COVID-19 pandemic has had an impact on the world of education. Decisions regarding the implementation of online learning by the government raise many problems and difficulties experienced by teachers, children, and parents. Parents have difficulty understanding learning materials, find it difficult to divide time between work and accompanying children to study, do not have patience, and cannot use gadgets. Parents experienced severe stress during the COVID-19 pandemic because they replaced teachers during online learning assistance. Severe stress will make parents less attentive and not focus on children resulting in children's interest in reading becomes lazy and does not develop.

**Research Objectives:** To find out the description of the stress level of the parents of elementary school-aged children in Yogyakarta during online learning during the COVID-19 pandemic.

**Research Method:** This type of research is quantitative with a descriptive research design. This research is a non-experimental cross-sectional study. The population in this study was the guardians of grade 1-6 Elementary School 1 Iroyudan, Guwosari, Pajangan District, Bantul Regency, Yogyakarta, which were 85 people. Sampling in this study used a random sampling technique. The data collection tool is a questionnaire. Data analysis used univariate analysis.

**Results:** The results showed that the stress level of parents related to online learning in elementary schools during the COVID-19 pandemic was at most moderate levels of stress as many as 26 people (36.6%) while parents who experienced very severe stress levels were 2 (2, 8%), severe stress levels were 8 (11.3%), mild stress levels were 11 (15.5%), and parents who had normal stress levels were 24 (33.8%).

**Conclusion:** The guardians of SD Negeri I Iroyudan students experienced moderate stress as many as 26 people (36.6). The cause of parents experiencing stress when conducting online learning assistance is that children are difficult to notify when doing assignments from school.

**Keywords:** Stress, Parents, Online Learning

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