

PERBANDINGAN TINGKAT STRES MAHASISWA KOMPLEK K2 PONDOK PESANTREN KRAPYAK YOGYAKARTA SELAMA PEMBELAJARAN DARING

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INTISARI

Latar Belakang : Wabah *Corona Virus Disease* (Covid-19) di Indonesia mulai muncul pada Maret 2020, peristiwa tersebut telah menyebabkan banyak perubahan di berbagai sektor termasuk sektor pendidikan, Melalui Surat Edaran Mendikbud Nomor 4 tahun 2020 menyatakan agar seluruh kegiatan pendidikan dan pembelajaran baik di sekolah maupun diperguruan tinggi menggunakan metode *online* (Pembelajaran Daring) untuk mencegah timbulnya dan penyebaran penyakit *virus corona* (Covid-19). Muncul permasalahan terkait dengan pembelajaran daring yaitu manajemen waktu, masalah keuangan, hubungan guru dan dukungan sosial menimbulkan terjadinya stres akademik pada mahasiswa perguruan tinggi negeri (PTN) dengan perguruan tinggi swasta (PTS).

Tujuan Penelitian : Untuk mengetahui perbandingan tingkat stres antara mahasiswa PTN dengan mahasiswa PTS di kompleks K2 Pondok pesantren krapyak Yogyakarta..

Metode Penelitian : Penelitian ini bersifat kuantitatif dengan mahasiswa perguruan tinggi negeri dan perguruan tinggi swasta yang tinggal di Komplek K2 Pondok Pesantren Krapyak Yogyakarta sebagai sampel yang digunakan. Total 17 responden dipilih berdasarkan Teknik total sampling. Quisioner “tingkst stres mahasiswa perguruan tinggi negeri dan perguruan tinggi swasta selama pandemic covid-19” digunakan untuk mendapatkan data. Metode Man Whitney test juga digunakan selama analisis data.

Hasil : Hasil penelitian menunjukkan mayoritas responden dalam studi ini berumur 19 tahun . mahasiswa perguruan tinggi negeri mengalami stress tingkat sedang (41,1%), sedangkan mahasiswa perguruan tinggi swasta mengalami stress tingkat tinggi (41,1%). Dan berdasarkan hasil analisis data, nilai p dari uji Man Whitney adalah 0.003.

Kesimpulan : Adanya perbedaan tingkat stress antara mahasiswa PTS dan PTN yang berada di kompleks K2 Pondok Pesantren Krapyak Yogyakarta selama pembelajaran daring

Kata Kunci : Tingkat Stres, Mahasiswa PTN dan PTS, Pondok Pesantren dan Pembelajaran Daring

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**COMPARISON OF STRESS LEVELES OF COLLEGE STUDENTS IN K2
COMPLEX OF KRAPYAK ISLAMIC BOARDING SCHOOL
YOGYAKARTA DURING ONLINE LEARNING**

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ABSTRACT

Background ; Corona Virus Disease (Covid-19) began to spread in Indonesia exactly in March 2020, that event has already caused many changes in various sectors including education sector. And through circular letter of the ministry of education and culture declares that all educational activities in schools and colleges held with online learning method in order to prevent the spreading of corona virus. As time passes by, there are many problems related to online learning method such as time management, finance, relationship between teachers and students, and social support which cause academic stress to students of state college and private college.

Research objectives : To identified the comparison of stress levels between state college and private college students in K2 complex of Krapyak Islamic Boarding School Yogyakarta.

Research Method : This was a quantitative-based research among students of state college and private college in K2 complex of Krapyak Islamic Boarding School Yogyakarta. The total number of 17 respondents for each group were selected with total sampling technique. A questionnaire “the stress levels of college students who taking online learning during covid-19 pandemic” was applied to obtain the data. Man Whitney test was perform during data analysis.

Results Research : The result showed that majority of the respondent in this study were 19 years old. The state college students experienced moderate stress level (41,1%) while private college students experienced high stress level (41,1%). And based on the data analysis, the p value of Man Whitney test was 0.003.

Conclusion : The conclusion of this study showed that there is a significant comparison in terms of strees level between state college and private college students in K2 complex of Krapyak Islamic Boarding School Yogyakarta during online.

Keywords : Stress Levels, State and Private University Students, Islamic Boarding Schools and Online Learning

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