

**GAMBARAN STRESS MAHASISWA FAKULTAS KESEHATAN
DALAM PEMBELAJARAN DARING DI UNIVERSITAS
JENDERAL ACHMAD YANI YOGYAKARTA**

Nurlinda Juriati¹, Rahayu Iskandar²,

INTISARI

Latar Belang : Pandemi Covid-19 telah membuat banyak perubahan, tidak terkecuali di sektor pendidikan yang sebelumnya dilakukan secara tatap muka, kini beralih menjadi pembelajaran daring. Perubahan sistem ini memicu munculnya stress akademik pada mahasiswa kesehatan yang akan berdampak pada prestasi belajarnya.

Tujuan : Mengetahui gambaran stress mahasiswa fakultas kesehatan dalam pembelajaran daring di Universitas Jenderal Achmad Yani Yogyakarta.

Metode: Penelitian ini menggunakan metode kuantitatif dengan rancangan deskriptif. Populasi dalam penelitian ini mahasiswa kesehatan semester 6 berjumlah 471, diambil dengan teknik *Propotional Stratified Random Sampling* didapatkan sampel 217 responden yang terdiri dari program studi Keperawatan (S-1), Farmasi (S-1), Kebidanan (D-3), RMIK (D-3), dan TBD (D-3). Alat pengambilan data menggunakan kuesioner DASS. Analisis data yang digunakan yaitu analisis univariat.

Hasil : Hasil penelitian menunjukkan bahwa mahasiswa mengalami stress terbanyak pada kategori sedang yaitu 63 mahasiswa (39,2%), dan mayoritas stres disebabkan karena penugasan video yang diberikan secara *online* (81,1%).

Kesimpulan : Tingkat stres mahasiswa kesehatan berada dalam rentang stres sedang. Artinya mahasiswa merasakan tekanan yang cukup berat selama melaksanakan pembelajaran daring di masa pandemi Covid19, terutama disebabkan karena adanya pemberian penugasan video secara *online*.

Kata Kunci: Stres, pemberlajaran daring

**THE DESCRIPTION OF STRESS OF HEALTH FACULTY STUDENTS IN
PARTICIPATING IN ONLINE LEARNING IN JENDRAL
ACHMAD YANI UNIVERSITY YOGYAKARTA**

Nurlinda Juriati¹, Rahayu Iskandar²,

ABSTRACT

Background: Covid-19 pandemic has changed many things, even in education sector which previously was done face to face, then it is now done online. This system alteration triggers academic in health faculty students which affects their academic achievement.

Objectives: It is to find out the description of stress of health faculty students in participating in online learning in Jendral Achmad Yani University Yogyakarta.

Method: This research implemented quantitative method with descriptive design. The population of the research consists of 471 health faculty students in semester 6, which were taken by using Proportional Stratified Random Sampling resulting in 217 respondent samples. They are from Nursing Department (S-1), Pharmacy Department (S-1), Nursery (D-3), RMIK (D-3), and TBS (D-3). The data collection instrument used were DASS questionnaire. The data analysis implemented was univariate analysis.

Result: The result of the research indicates that students suffer stress mostly in moderate category, consisting of 63 students (39.2%), and the major cause of stress is from the video assignment given in online learning (81.1%).

Conclusion: The level of stress faced by health faculty students is in the range of moderate stress. This means that students feel the quite great pressure during the implementation of online learning in this Covid-19 pandemic, especially caused by the online video assignment.

Keywords: Stress, Online Learning