

# GAMBARAN TINGKAT STRES SISWA-SISWI KELAS 5 DAN 6 DALAM MENGHADAPI PEMBELAJARAN DARING SELAMA PANDEMI COVID-19 DI SD NEGERI KREBET KABUPATEN BANTUL YOGYAKARTA

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## INTISARI

**Latar Belakang** : COVID-19 adalah suatu wabah yang dapat menyebabkan penyakit menular berupa infeksi. Salah satu dampaknya ialah terhadap pendidikan di seluruh dunia, penutupan sekolah dan institusi lainnya. Pembelajaran daring merupakan sebuah pembelajaran yang dilakukan dalam jarak jauh melalui media berupa internet. Berdasarkan hasil studi pendahuluan di SD Negeri Kreet Kabupaten Bantul di Yogyakarta dari 10 siswa-siswi terdapat 7 siswa-siswi yang sering merasakan jenuh saat proses belajar daring dirumah, lima siswa dan siswi tidak ada yang mendampingi saat proses belajar daring dirumah, lima siswa dan siswi kadang-kadang merasakan gugup atau stress saat proses belajar daring di rumah, terdapat 5 siswa-siswi juga merasakan cukup sulit untuk mengerjakan tugas saat belajar daring dirumah. Media yang digunakan untuk proses belajar daring adalah *google meet*, *zoom*, *elearning*, *google from*, pengiriman pdf or ppt. Sedangkan kesulitan saat proses belajar daring adalah keterbatasan akses internet, kurangnya interaksi siswa dan siswi dengan guru, kurang pemahaman terhadap materi, minimnya pengawasan dalam belajar oleh orang tua.

**Tujuan** : Tujuan dari penelitian ini adalah untuk mengetahui gambaran tingkat stres pada anak sekolah dasar kelas 5 dan 6 selama pembelajaran daring selama pandemi COVID-19.

**Metode penelitian** : Penelitian ini menggunakan metode kuantitatif dengan pendekatan deskriptif. Sampel dalam penelitian ini adalah siswa-siswi kelas 5 dan 6 di Sekolah Dasar Negeri Kreet Kabupaten Bantul Yogyakarta sebanyak 60 responden, dengan menggunakan *total sampling* sebagai teknik sampling. Pengambilan data melalui kuesioner *Perceived Stress Scale* (PSS-10) dan dianalisis dengan uji deskriptif.

**Hasil** : Gambaran tingkat stres pada siswa-siswi di Sekolah Dasar Negeri Kreet Kabupaten Bantul Yogyakarta yaitu dalam kategorikan normal 23,9%, ringan persentase 34,8%, sedang sebanyak 19,6%, stres berat 10,9%, stres cukup berat 10,9%.

**Kesimpulan** : 1. Sedang sebanyak 9 responden (19,6%), 2. Stress ringan 16 responden (34,8%), 3. Stress berat sebanyak 5 responden (10,9%), 4. Stress cukup berat sebanyak 5 responden (10,9%).

**Kata Kunci** : *PSS-10, Tingkat stres, Covid-19, Siswa-Siswi Kelas 5 Dan 6.*

# "DESCRIPTION OF STRESS LEVELS OF GRADE 5 AND 6 STUDENTS FACING ONLINE LEARNING DURING THE COVID-19 PANDEMIC AT SD NEGERI KREBET, BANTUL YOGYAKARTA DISTRICT"

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## Abstract

**Background** : COVID-19 is an epidemic that can cause infectious diseases in the form of infection. One of the impacts is on education around the world, the closure of schools and other institutions. Online learning is learning that is carried out remotely through the media in the form of the internet. Based on the results of a preliminary study at SD Negeri Kreet, Bantul Regency in Yogyakarta, out of 10 students, there are 7 students who often feel bored when the online learning process is at home, five students and no schoolgirls accompanying the online learning process at home, five students and female students. Sometimes feeling nervous or stressed when studying online at home, there are 5 students who also find it quite difficult to do assignments while studying online at home. The media used for the online learning process are *google meet* , *zoom*, *elearning*, *google from* , sending pdf or ppt. Meanwhile, difficulties during the online learning process are limited internet access, lack of interaction between students and students with teachers, lack of understanding of the material, lack of supervision in learning by parents.

**Purpose** : The aim of this study was to describe the stress level of grade 5 and 6 elementary school children during online learning during the COVID-19 epidemic.

**Research methods** : This study uses quantitative methods with a descriptive approach. The sample in this study were 60 students of grades 5 and 6 in Kreet Elementary School, Bantul, Yogyakarta, using *total sampling* as a sampling technique. Collecting data through the *Perceived Stress Scale* (PSS-10) questionnaire and analyzed by descriptive test.

**Results** : The description of stress levels in students at the Kreet Elementary School, Bantul Regency, Yogyakarta, was categorized as normal 23.9%, mild percentage 34.8%, moderate as much as 19.6%, severe stress 10.9%, moderate stress 10, 9%.

**Conclusion** : 1. Moderate as many as 9 respondents (19.6%), 2. Light stress 16 respondents (34.8%), 3. Severe stress as many as 5 respondents (10.9%), 4. Stress is quite severe as many as 5 respondents (10.9%).

**Keywords** : *PSS-10, stres level, Covid-19, Grade 5 and 6 Students.*