

**HUBUNGAN PENERAPAN PEMBELAJARAN MODEL *STUDENT CENTERED LEARNING* (SCL) DENGAN TINGKAT STRES MAHASISWA KEPERAWATAN STIKES JENDERAL ACHMAD YANI YOGYAKARTA**

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**INTISARI**

**Latar Belakang** : *Student Centered Learning* (SCL) merupakan penerapan pembelajaran yang menitikberatkan pada mahasiswa, dosen berfungsi sebagai fasilitator. Di akhir kegiatan dosen juga berfungsi sebagai narasumber jika terdapat permasalahan yang belum bisa diatasi oleh mahasiswa. Beban mahasiswa menjadi berat jika dibandingkan dengan model pembelajaran konvensional. Beban belajar yang berat tersebut mengakibatkan sebagian mahasiswa mengalami stres akademik.

**Tujuan Penelitian** : Tujuan pada penelitian ini adalah untuk mengetahui hubungan antara penerapan pembelajaran model *Student Centered Learning* (SCL) dengan tingkat stres mahasiswa keperawatan di Stikes Jenderal Achmad Yani Yogyakarta.

**Metode Penelitian** : Jenis penelitian ini adalah penelitian kuantitatif desain *survey analitik* dengan pendekatan *cross sectional*. Sampel pada penelitian ini diambil dengan teknik *proportionate stratified random sampling* yang berjumlah 75 responden. Alat pengambilan data menggunakan kuesioner penerapan SCL dan kuesioner *depression Anxiety stress scale* (DASS). Analisis statistik menggunakan uji *pearson product moment* dengan tingkat kemaknaan ( $p < 0.05$ ).

**Hasil Penelitian** : Hasil penelitian menunjukkan mayoritas mahasiswa (70.7%) menilai penerapan pembelajaran model *student centered learning* di Stikes Jenderal Achmad Yani Yogyakarta termasuk dalam kategori cukup. Dan sebagian mahasiswa (49.3%) memiliki stres ringan. Hasil uji *pearson* diperoleh nilai  $p = 0.006 < 0.5$  dengan nilai koefisien korelasi  $r = 0.314$ .

**Kesimpulan** : Terdapat hubungan antara penerapan pembelajaran model SCL dengan tingkat stres mahasiswa keperawatan di Stikes Jenderal Achmad Yani Yogyakarta.

**Kata Kunci** : *Student Centered Learning*, stres.

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**THE CORRELATION BETWEEN THE IMPLEMENTATION OF  
STUDENT CENTERED LEARNING MODEL AND STRESS LEVEL OF  
NURSING STUDY PROGRAM'S STUDENTS OF GENERAL ACHMAD  
YANI HEALTH INSTITUTE YOGYAKARTA**

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**ABSTRACT**

**Background** : Student centered learning is a implementation study is emphasize on students, lecturers function as a facilitator. At the end of the lecturers activity also serves as a resource if there are problems that can not be overcome by students. Student burden becomes heavy when compared with conventional learning model. The heavy learning load has resulted in some students experiencing academic stress.

**Research Purpose** : The purpose of this study was to determine the correlation between the implementation of student centered learning model and stress level of nursing study program's students of General Achmad Yani Health Institute, Yogyakarta.

**Research Method** : The research type was quantitative research, the research design was survey analitik with cross sectional approach. The sample of 75 respondents was collected by proportionate stratified random sampling technique. The data was collected by using deppresi anxiety stress scale (DASS) questionnaire and implementation of student centered learning questionnaire. Statistical analisis was by pearson product moment test with significane level ( $p < 0.05$ ).

**Research Result** : The result of the research show that majority of the students (70.7%) state that SCL learning model at this study program is included in adequate category. The level stress of nursing study program was moderat stress category. The result of pearson product moment test is p value ( $0.006 < 0.05$ ) with correlation coefficient  $r = 0.314$ .

**Conclusion** : There was correlation between implementation of student centered learning model and level stress of nursing study Programs Students of General Achmad Yani Health Institute Yogyakarta.

**Keywords** : Student centered learning, stress.

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