

PENGARUH *PEER MENTORING* TERHADAP KOPING STRES MAHASISWA KEPERAWATAN DI UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA

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INTISARI

Latar Belakang : Stres adalah peristiwa dikehidupan yang tidak bisa dihindari oleh setiap orang. Stress akademik merupakan reaksi mahasiswa terhadap tuntutan yang mengakibatkan perasaan tidak nyaman dan perubahan tingkah laku. Stres mahasiswa diakibatkan adanya ketidakmampuan memenuhi tuntutan kewajiban sebagai mahasiswa atau adanya masalah lain, seperti tuntutan yang berasal dari lingkungannya, psikologis, dan sosial. Dampak stres berupa dampak fisik, sosial, dan psikologis. Mekanisme koping stres dilakukan untuk menyelesaikan masalah yang diakibatkan oleh stres. Pengaruh peer mentoring terhadap koping stres mahasiswa keperawatan di Universitas Jenderal Achmad Yani Yogyakarta.

Tujuan : Penelitian ini bertujuan untuk mengetahui Pengaruh *peer mentoring* terhadap koping stres mahasiswa keperawatan di universitas Jenderal Achmad Yani Yogyakarta.

Metode : penelitian eksperimen dengan desain penelitian *quasi-ekperimental design* dengan rancangan *one group pre-test post-test*. Sampel penelitian 40 responden semester 2, 4, 6 dan 8 mahasiswa keperawatan Universitas Jenderal Achmad Yani Yogyakarta menggunakan teknik *proportional sampling*. Pengumpulan data menggunakan *Ways of Coping Questionnaire Revised (WOCQ)*. Metode analisis data menggunakan Mc Nemar.

Hasil : Mayoritas responden berjenis kelamin perempuan yaitu 70 % dan laki-laki 30%. Rata-rata usia responden yaitu 21, responden dari semester 2 52,5% dan 8 47,5%. Setelah diberikan intervensi menunjukkan strategi koping stres yang digunakan *Problem Focused Coping (PFC)* sebanyak 22 orang (55%), *Emotional Focused Coping (EFC)* sebanyak 18 orang (45%). Hasil analisis Pengaruh *peer mentoring* terhadap koping stres mahasiswa keperawatan di Universitas Jenderal Achmad Yani Yogyakarta didapatkan nilai sig(2-tailed) $0,000 < 0,05$.

Kesimpulan : Terdapat pengaruh signifikan pada mahasiswa keperawatan yang sudah diberikan intervensi *peer mentoring* terhadap koping stres di universitas Jenderal Achmad Yani Yogyakarta

Kata kunci : *Peer mentoring*, Koping Stres

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THE EFFECT OF PEER MENTORING ON COPING STRESS IN NURSING STUDENTS AT UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA

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ABSTRACT

Background: Stress is an event in life that no one can avoid. Academic stress is a student's reaction to demands resulting in feelings of discomfort and behaviour changes. Student stress is caused by the inability to fulfil the demands of obligations as a student or the existence of other problems, such as demands that come from the environment, psychological and social. The impact of stress can be seen in the form of physical, social, and psychological impacts. Stress coping mechanisms are used to solve problems caused by stress. The effect of peer mentoring on coping stress in nursing students at Universitas Jenderal Achmad Yani Yogyakarta is studied.

Objective: This study aims to identify the effect of peer mentoring on coping stress in nursing students at Universitas Jenderal Achmad Yani Yogyakarta.

Method: Experimental research with a quasi-experimental research design with a one-group pre-test and post-test design was applied. The research sample was 40 respondents from nursing students in semester 2, 4, 6, and 8 at Universitas Jenderal Achmad Yani Yogyakarta. This study used a proportional sampling technique. The data collection applied Ways of Coping Questionnaire Responded (WOCQ). Meanwhile, the data analysis method used was Mc Nemar.

Results: The majority of respondents were females which is 70% and 30% were males. The average age of the respondents was 21 years old; the respondents were from semester 2 52.5% and 8 47.5%. After being given the intervention, the stress coping strategy found was Problem Focused Coping (PFC) in 22 people (55%), while Emotional Focused Coping (EFC) in 18 people (45%). The results of the analysis of the effect of peer mentoring on coping stress in nursing students at Universitas Jenderal Achmad Yani Yogyakarta obtained a value of sig (2-tailed) 0.000 < 0.05.

Conclusion: There is a significant effect on nursing students who have been given intervention of peer mentoring on coping stress Universitas Jenderal Achmad Yani Yogyakarta.

Keywords: Peer Mentoring, Coping Stress

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