GAMBARAN STRES DAN MEKANISME KOPING MAHASISWA TINGKAT PERTAMA DI UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA

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INTISARI

Latar Belakang : Hasil survei yang dilakukan oleh *American College Health Association* (ACHA) pada tahun 2013 di Amerika, menunjukan salah satu masalah besar yang dihadapi mahasiswa dalam dunia perkuliahan adalah stres. Sebanyak 27,9% dari total 32.946 mahasiswa mengakui bahwa stres menjadi penghalang bagi performa akademik mereka. Stres yang dihadapi mahasiswa tingkat awal lebih tinggi dibandingkan tingkat stres pada mahasiswa tingkat akhir. Hal ini dikarenakan mahasiswa tingkat awal mengalami masa adaptasi dari lingkungan sekolah ke lingkungan universitas, terkait dengan jadwal perkuliahan seperti tugas, kuliah, tutorial, dan clinical skill lab yang padat dan baru dirasakan pertama kali setelah memasuki dunia perkuliahan.

Metode Penelitian : Jenis penelitian ini adalah penelitian deskriptif dengan pendekatan cross sectional. Sampel pada penelitian ini diambil dengan tehnik Proportional Random Sampling yang berjumlah 83 responden. Alat pengambilan data menggunakan 2 kuesioner yaitu *depresion Anxiety stress scale* (DASS) dan kuesioner mekanisme koping. Analisis data menggunakan analisa univariat.

Hasil Penelitian : Hasil penelitian menunjukkan sebagian besar mahasiswa keperawatan tingakat awal mengalami stres sedang sebanyak 56 mahasiswa (67.5%), dan mayoritas mahasiswa menggunakan mekanisme koping adaptif sebanyak 78 mahasiswa (94.0%).

Kesimpulan : Tingkat stress mahasiswa keperawatan Universitas Jenderal Achmad Yani Yogyakarta sebagian besar stres sedang dan mekanisem koping mayoritas menggunakan adaptif.

Kata kunci : Stres, Koping, Mahasiswa

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DESCRIPTION OF STRESS AND COPING MECHANISM OF FIRST LEVEL STUDENTS IN UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA

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ABSTRACT

Background : Survey results that conducted by *American College Health Association* (ACHA) in 2013 in America, shown that one of the big problem that students face in world college is stress. Around 27,9% from 32.946 students said that stress is a hindrance to their academic performance. Stress faced by early level students is higher than stress level that faced by final year students. This is happen because the early graduate students will do the adaptation from the school environment to the university environment, related with collage schedules such as tasks, collage activities, tutorials, and clinical skill lab is solid and the first felt after entering the world collage.

Methodology: this study used descriptive as the methodology with cross sectional approach. The sample of this research is taken by Proportional Random Sampling technique which amounted to 83 respondents. The data was collected by using 2 questionnaires it called Depression Anxiety stress scale (DASS) and coping mechanism questionnaire. Univariate analysis as data analysis.

Findings: The results showed that most of the early level nursing students had moderate stress as many as 56 students (67.5%), and the majority of students used adaptive coping mechanism of 78 students (94.0%).

Conclusion: The stress level of nursing students of Universitas Jenderal Achmad Yani Yogyakarta most of the stress is mechanical and coping the majority using adaptive.

Keyword*s: Stress, Coping, Student*

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