

ABSTRAK

GAMBARAN TINGKAT STRES ORANG TUA DENGAN ANAK USIA SEKOLAH DASAR PADA MASA NORMAL BARU COVID-19 DI DESA JAYI KECAMATAN SUKAHAJI

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Latar Belakang : Masa normal baru atau biasa disebut *New Normal* adalah suatu situasi dimana setiap orang beradaptasi dengan kebiasaan atau tatanan hidup yang baru. Pemberlakuan pembelajaran tatap muka terbatas dan *hybrid* pada masa normal baru *Covid-19* berdampak pada peningkatan stres dikalangan orang tua. Penelitian ini bertujuan untuk mengetahui gambaran tingkat stres orang tua dengan anak usia sekolah dasar di Desa Jayi Kecamatan Sukahaji Kabupaten Majalengka.

Metodologi : Penelitian ini menggunakan metode deskriptif kuantitatif dengan pendekatan studi potong lintang (*cross sectional*) terhadap 139 responden. Instrumen yang digunakan yaitu kuisioner karakteristik responden yang meliputi usia, jenis kelamin, pendidikan, pendapatan, pekerjaan, dan intensitas pendampingan proses pembelajaran dan kuisioner tingkat stres DASS-42 yang berisi 14 pertanyaan.

Hasil Penelitian : Hasil penelitian menunjukkan tingkat stres berdasarkan karakteristik responden mayoritas orang tua dengan usia 36-45 tahun sebanyak 19 (13,6%) orang, berjenis kelamin perempuan sebanyak 31 (22,3%) orang, berpendidikan SD sebanyak 25 (17,99%) orang, dengan kategori pekerjaan bekerja salah satu sebanyak 36 (25,9%) orang, berpendapatan <Rp.2.009.000 sebanyak 24 (17,27%) orang, dan dengan intensitas pendampingan pembelajaran *hybrid* selama 3 jam sebanyak 12 (8,63%) orang, mengalami stres sedang.

Kesimpulan : Tingkat stres orang tua dengan anak usia sekolah dasar di Desa Jayi Kecamatan Sukahaji mayoritas mengalami stres normal dan sedang.

Kata Kunci : Tingkat Stres, Orang Tua, Normal Baru Covid-19

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ABSTRACT

DESCRIPTION OF STRESS LEVEL OF PARENTS WITH ELEMENTARY SCHOOL AGE CHILDREN IN THE NEW NORMAL TIME OF COVID-19 IN JAYI VILLAGE, SUKAHAJI DISTRICT

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Background : The new normal period or commonly called the New Normal is a time or situation where everyone adapts to a new habit or order of life. The implementation of limited or hybrid face-to-face learning during the new normal period of Covid-19 has an impact on increasing stress among parents. This study aims to describe the level of stress of parents with elementary school-aged children in Jayi Village, Sukahaji District, Majalengka Regency.

Method : This study uses a quantitative descriptive method with a cross-sectional study approach to 139 respondents. The instrument used is a questionnaire on the characteristics of respondents which includes age, gender, education, income, occupation, and intensity of mentoring in the learning process and the DASS-42 stress level questionnaire which contains 14 questions.

Result : The results showed that stress level based on respondent characteristics the majority of parents aged 36-45 years were 19 (13.6%) people, 31 (22.3%) were female, 25 (17.99%) had primary education, with a job category working one of the 36 (25.9%) people, with an income of <Rp.2,009,000 as many as 24 (17.27%) people, and with the intensity of 3 hours of hybrid learning assistance as many as 12 (8.63%) people, experienced moderate stress.

Conclusion : The stress level of parents with elementary school age children in Jayi Village, Sukahaji District, the majority experience normal and moderate stress.

Keywords : Stress Level, Parents, New Normal Covid-19

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