

HUBUNGAN STRATEGI KOPING DENGAN TINGKAT STRES PADA ORANG TUA YANG MEMPUNYAI ANAK USIA SD DALAM MENGHADAPI PEMBELAJARAN DARING

ABSTRAK

Latar Belakang: Pandemi COVID-19 mengganggu berbagai sektor kehidupan termasuk sektor pendidikan. Siswa SD terpaksa memberlakukan pembelajaran daring. Beban menjadi pengajar dan permasalahan lain selama COVID-19 berpotensi menjadi stresor bagi orang tua. Perlu diadakan penelitian yang meneliti hubungan antara strategi koping dengan tingkat stres pada orang tua siswa SD untuk memahami fenomena yang sedang marak terjadi ini. SD Negeri 2 Sokaraja Tengah dipilih dengan harapan mampu mempresentasikan kondisi wilayah pinggiran kota di Indonesia.

Tujuan: Mengetahui apakah ada hubungan antara strategi koping dengan tingkat stres orang tua siswa SD Negeri 2 Sokaraja Tengah.

Metode: Analitik observasional dengan pendekatan *cross-sectional* mengambil data melalui kuesioner yang disebarkan langsung ke orang tua. Tingkat stres diukur dengan skala DASS-21 sedangkan strategi koping diukur dengan BRIEF COPE-Scale Inventory. Uji analisis Spearman digunakan sebagai metode analisis bivariat dengan tingkat kepercayaan 90%.

Hasil: Ditemukan korelasi negatif signifikan pada *adaptive coping* ($p: -0,389$, sig: 0,000) dan *maladaptive coping* ($p: -0,374$, sig: 0,001). Sebagai subskala *adaptive coping*, ditemukan: *active coping* ($p: -0,372$, sig: 0,001), humor ($p: -0,378$, sig: 0,001), dan *positive reframing* ($p: -0,382$, sig: 0,000) dengan subskala lain tidak signifikan. Dari subskala *maladaptive coping*, ditemukan: *denial* ($p: -0,327$, sig: 0,003), *self-blame* ($p: -0,320$, sig: 0,004), dan *self-disengagement* ($p: -0,291$, sig: 0,009) dengan subskala lain tidak signifikan.

Kesimpulan: Terdapat hubungan negatif bermakna pada strategi koping *adaptive* yang meliputi: *active coping*, humor, dan *positive reframing*, serta pada strategi koping *maladaptive* yang meliputi: *denial*, *self-blame*, *self-disengagement*

Kata kunci: COVID-19, koping, orang tua, pembelajaran daring, stres,

CORRELATION OF COPING STRATEGIES USED WITH STRESS SEVERITY LEVEL IN PARENTS WITH ELEMENTARY STUDENT-AGED CHILD IN ONLINE LEARNING

ABSTRACT

Background: COVID-19 pandemic disrupts many aspect of life including education aspect. Elementary school students are required to do online learning. Burden of teaching and other affected lives aspects are potential stressor source for parents. Hence, it is necessary to study correlation between coping strategies that parents used with stress level that they are affected to, so that we can better understand this booming phenomenon. Elementary School 2 of Sokaraja Tengah is chosen with means to represents suburbs of Indonesia.

Objectives: To understand whether there would be a correlation between coping strategies and stress level on elementary school students' parents.

Methods: Observational analytic with cross-sectional approach. Questionnaire are directly given to parents. Stress level is measured with DASS-21 scale, while coping strategies are measured with BRIEF COPE-Scale Inventory. Spearman bivariate analysis are chosen as the method of bivariate analytic with confidence interval of 90%.

Results: Significant negative correlation was found in adaptive coping (p: -0,389, sig: 0,000) and maladaptive coping (p: -0,374, sig: 0,001). As subscales of adaptive coping, it was found: active coping (p: -0,372, sig: 0,001), humor (p: -0,378, sig: 0,001), and positive reframing (p: -0,382, sig: 0,000) while other subscales are not significant. From subscales of maladaptive coping, it was found: denial (p: -0,327, sig: 0,003), self-blame (p: -0,320, sig: 0,004), and self-disengagement (p: -0,291, sig: 0,009) while other subscales are not significant

Conclusion: There is a negative correlation between coping strategies which include: adaptive coping (active coping, humor, and positive reframing), and maladaptive coping (denial, self-blame, and self-disengagement) with stress level of Elementary School 2 of Sokaraja Tengah

Keywords: COVID-19, coping, parents, online-learning, stress