ABSTRAK

GAMBARAN RESILIENSI MAHASISWA TINGKAT PERTAMA FAKULTAS ILMU-ILMU KESEHATAN UNIVERSITAS JENDERAL SOEDIRMAN PADA MASA PANDEMI COVID-19

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Latar Belakang: Pandemi Covid-19 menyebabkan berbagai perubahan termasuk pada sistem pembelajaran di sekolah. Mahasiswa tingkat pertama harus menyesuaikan diri dengan perubahan tersebut serta melalui masa transisi dari SMA ke perguruan tinggi. Resiliensi dibutuhkan oleh mahasiswa agar dapat melewati masa sulit tersebut. Penelitian ini bertujuan untuk mengetahui karakteristik responden, tingkat resiliensi, dan resiliensi berdasarkan karakteristik responden.

Metodologi: Penelitian menggunakan metode deskriptif kuantitatif. Jumlah sampel sebanyak 266 mahasiswa tingkat pertama. Pengambilan sampel menggunakan teknik *Stratified Random Sampling*. Instrumen resiliensi menggunakan *The Rugged Resilience Measure* (RRM) untuk mengukur faktor protektif internal dan *The Child and Youth Resilience Measure- Revised* (CYRM-R) untuk mengukur faktor protektif eksternal.

Hasil Penelitian: Mayoritas responden berjenis kelamin perempuan (77,8%) dan dari jurusan Keperawatan (24,4%). Resiliensi mahasiswa termasuk kategori sedang pada faktor protektif internal (72,6%) dan eksternal (65,4%). Resiliensi tinggi ditemukan lebih banyak pada responden laki-laki (faktor protektif internal 40,7% dan eksternal 30,5%), jurusan Pendidikan Jasmani (faktor protektif internal 31,4% dan eksternal 21,6%), dan jurusan Farmasi (faktor protektif eksternal 21,6%).

Kesimpulan: Hasil penelitian menunjukkan bahwa resiliensi mahasiswa tingkat pertama termasuk dalam kategori sedang. Hal ini berarti mahasiswa telah memiliki kemampuan dan sumber daya untuk menghadapi kesulitan di masa pandemi namun belum maksimal.

Kata kunci: mahasiswa, pandemi Covid-19, resiliensi, remaja

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ABSTRACT

DESCRIPTION OF THE RESILIENCE OF FIRST YEAR STUDENTS OF THE FACULTY HEALTH SCIENCES JENDERAL SOEDIRMAN UNIVERSITY DURING THE COVID-19 PANDEMIC

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Background: The Covid-19 pandemic has caused various changes, including the learning system in schools. Freshman students must adapt to these changes and go through a transition from high school to college. Resilience is needed by freshmen in order to get through this difficult time. This study aimed to find out the characteristics of the respondents, the level of resilience, and resilience based on the characteristics of the respondents.

Methodology: This research used a quantitative descriptive method. The research sample was 266 people who were taken using the Stratified Random Sampling technique. The instruments used are The Rugged Resilience Measure (RRM) to measure internal protective factors and The Child and Youth Resilience Measure-Revised (CYRM-R) to measure external protective factors.

Research Results: The majority of respondents were female (77.8%) and majored in Nursing (24.4%). Student resilience is in the moderate category on internal (72.6%) and external (65.4%) protective factors. High resilience was found more in male respondents (40.7% internal and 30.5% external protective factors), Physical Education majors (31.4% internal and 21.6% external protective factors), and Pharmacy majors (31.4% internal and external protective factors) external protective 21.6%).

Conclusion: The results of the study show that the resilience of first grade students is included in the moderate category. This means that students already have the ability and resources to deal with difficulties during a pandemic but are not maximized.

Keywords: Covid-19 pandemic, resilience, students, youth

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